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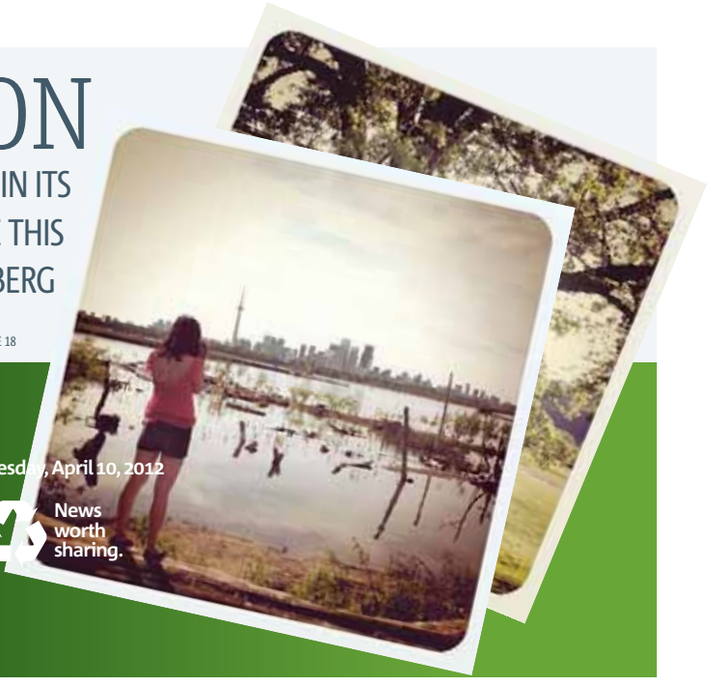

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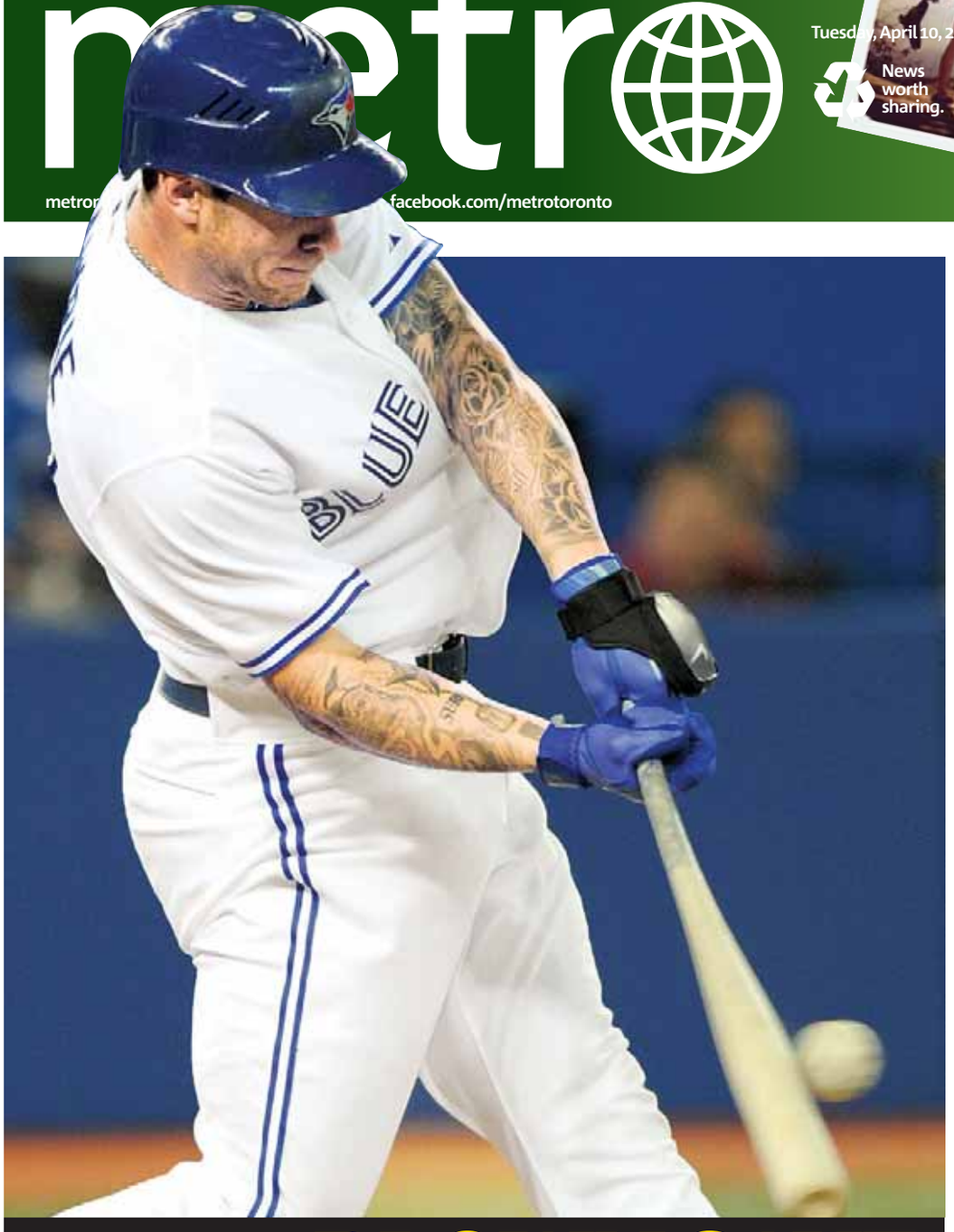

BLOWN SAVE

Disappointing end to Jays' home opener

Brett Lawrie strokes a single during the Toronto Blue Jays' 2012 home opener against the Boston Red Sox Monday night at Rogers Centre. Playing to a sold-out crowd, the Jays were leading 2-1 in the ninth inning, but closer Sergio Santos surrendered three runs and Toronto lost 4-2. See story, page 42. RICK MADONIK/TORSTAR NEWS SERVICE

When nature calls, drivers have a right to answer: Transit union

Mississauga.

An extreme urge to use the washroom has the same effect on a driver as having a 0.05 per cent blood-alcohol level: Study cited by union

Mississauga Transit is being accused of violating a bus driver's human rights after the transit worker was suspended for five days for delaying service by taking a washroom break.

The driver had to stand in line for about seven minutes behind two other bus drivers at the single washroom designated for bus drivers at the Meadowvale Town Centre.

He then spent about seven minutes in the stall, after which he went directly back to his bus to continue work, according to union president Nicholas Bye.

A passenger complained about the delay, saying the driver failed to explain the holdup. But Bye said it is an invasion of privacy to expect bus drivers to tell riders they're going to the washroom.

"They didn't discipline him for going to the washroom. He took too long to go," he said, adding that there is no formal washroom-break policy at Mississauga Transit.

Denying drivers washroom breaks puts their health and the safety of the public at risk, said a news release by the Amalgamated Transit Union Local 1572. TORSTAR NEWS SERVICE

TTC policy

- TTC drivers are allowed to stop their buses to use the washroom, said spokesman Brad Ross.
- Formal breaks depend on the route or the shift, he said.
- But, said Ross, "if somebody has an upset stomach and nature calls ... what we do ask is our operators communicate with our customers."

Too bad about the sky-high prices

Despite the cost, experts say space colonization is in our not-too-distant future. NASA's Alvin Drew explains what life would be like — from the taste of space-steak, to how long it will take to call home PAGE 13

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Transit

Metrolinx to make known plan

After months of wrangling over LRTs and subways at Toronto city hall, residents will get their first sense of how the province may proceed later this month. On April 25, Metrolinx will make public its detailed recommendations to cabinet on new transit for Eglinton, Sheppard East, Finch West and Scarborough.

In February and March, city council rejected Mayor Rob Ford's unfunded plan to scrap LRTs in favour of subways in Toronto. Instead, council told Metrolinx to proceed as originally proposed with 11 kilometres underground between Black Creek Dr. and Laird Dr., and on the surface the rest of the way.

TORSTAR NEWS SERVICE

Markham murders

Police double reward for tips

The crime was shocking: Three people were gunned down inside the Mirage Spa in Markham eight years ago.

But York Region police are not giving up.

The police services board recently approved doubling the reward for information to $200,000, in hopes of a break in the case.

TORSTAR NEWS SERVICE

Humewood centennial

"It's changed my life. I don't know where I'd be if I wasn't here."

Soleil, 15, who is seven months pregnant, on Humewood House. The refuge for vulnerable young unwed mothers on Humewood Street, just north of St. Clair Avenue, is celebrating its centennial with a free 10-day exhibit showcasing the home's history that begins April 28 at the Artscape Wychwood Barns.

Police searching for woman without a face

Fugitive. Police won't release picture of alleged scammer who skipped out on trial

Doreen Tennina is a fugitive without a face.

It's a face that authorities would rather we didn't see, even though a judge has asked them to step up efforts to find the Vaughan tax preparer charged with masterminding a multi-million-dollar fraud involving charities.

Three years after her arrest, Tennina's trial finally began last month with the woman representing herself.

Then, after a few days, the 62-year-old ex-operator of the tax preparation firm Executive Accounting stunned the court. She didn't show up and hasn't appeared since.

Yet police and the tax collector — the Canada Revenue Agency — won't release the alleged fraudster's picture publicly in efforts to capture her. This, despite a judge's instructions for them to try harder in apprehending Tennina before the jury trial is forced to proceed without her.

The RCMP won't release her picture, nor will York Region police. York police spokesman Blair McQuillan said the force generally doesn't release photos of an accused person unless he or she is a threat to public safety.

They also said the Canada Revenue Agency would be responsible for disclosing a photo.

CRA spokesman Peter Delis said the agency may provide necessary information to local forces in order to execute a court order, but it isn't able to provide a photograph publicly.

Tennina faces a prison term if convicted of tax fraud. The federal agency charged her with submitting false carrying costs on loans, bogus donation amounts and receipts to phony charities for income-tax forms.

TORSTAR NEWS SERVICE

History lesson

- **The warrant.** Justice Cory Gilmore issued the warrant for Doreen Tennina on March 19 and adjourned the case to April 30 to give police more time to find her.
- **The arrest.** The RCMP originally arrested Tennina in 2009. She forfeited her passport, but she regained it during a bail review a few months later.

Elderly man may have been hit by train

Toronto police and GO Transit security investigate after the body of an elderly man was reported on the tracks just west of Union Station Monday morning by concerned commuter Christine Spingola. "I didn't think it was a person because I thought someone would have noticed it already," she said. Police said the man was likely hit by a train, but the cause of death would be confirmed by a coroner. VINCE TALOTTA/TORSTAR NEWS SERVICE

1 NEWS

On the web

Like a Rolling Stone

At the New York launch of his exhibition Faces, Time and Places, guitarist Ronnie Wood talks about The Rolling Stones heading to the studio, his solo projects and art versus music. Watch at metronews.ca

Quick thinking

Students in Washington state stopped a school bus on Monday after the driver lost consciousness. One seventh grader grabbed the wheel while others attempted CPR. Watch at metronews.ca

Mobile news

Considering what happened to the Titanic, it's curious that so many people are fascinated by what its passengers ate. A century after the disaster, books and websites are devoted to the subject. Scan for the full story.

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Controversy. Use of blocker shields in autism classes 'like special-ed meets G20'

Blocker shields — the kind used in martial arts training — are employed in classes for autistic students in Barrie-area schools, causing an uproar among parents and advocates who liken the devices to "riot gear."

"It's like special-ed meets G20," said Laura LaChance, a member of Simcoe County District School Board's special education advisory committee. "We don't need riot gear if there's no riot.

"How can we help these kids without making a spectacle of them? It's really what it comes down to."

Kathi Wallace, the board's education director, confirmed the "foam pads" are used in a class of autistic students at Barrie North Collegiate as well as in other schools, primarily high schools, with "high-needs" students.

But she said such measures are necessary for the safety and support of educational assistants, teachers and the students themselves.

"They were put in place based on needs that were identified in certain classrooms," said Wallace.

"If you had a young person, let's say, whose behaviour was such that even prior to a helmet going on their head ... they're hitting their head against the wall, then this foam pad would give protection."

A school in Barrie is using blocker shields in a class for autistic students — and parents weren't told for more than a year. CONTRIBUTED

The union representing educational assistants working with special needs students in Simcoe County said workers often suffer concussions, bites, punches and slaps, and the shields help prevent such injuries.

"They'll use them as a blocker to just block the aggressor. It is just to protect themselves for the moment until they defuse the situation," said Silvanna Petersen, president of Ontario Public Service Employees Union, Local 330. TORSTAR NEWS SERVICE

Driving stunt. Two families in anguish after Mississauga 'car-surfing' accident

A weekend driving stunt gone horribly wrong has left two families devastated.

George To's loved ones kept a vigil Monday night as the 19-year-old fought for his life at Mississauga's Trillium Health Centre.

"He's still in critical condition right now," said his sister when reached by phone.

While that was all the family wanted to say, a police source told the Mississauga News that the teen's injuries would likely leave him with brain damage should he survive.

Earlier in the afternoon, a seemingly exhausted Victoria Ciliman said her teenage son, Daniel, was trying to cope with the news that his friend was lying in the intensive care unit with severe head injuries.

The past two days had been, in a word, terrible, she said.

According to Peel police, it began early Saturday evening when To toppled off the back bumper of a brown Chevy Venture on the top floor of the parking garage at Square One Mall. He'd been hanging onto the roof of the van while it was driving around, said Const. Fiona Thivierge.

The act has been referred to as "car surfing" or "bumper surfing." Tire treads suggested the vehicle had been moving in sharp turns.

Daniel Ciliman, 18, has been charged with dangerous driving causing bodily harm.

"He's a good kid," Ciliman said of her son, a University of Waterloo student who has also been a youth leader at his local church.

Both teens attended St. Francis Xavier high school in Mississauga, according to their Facebook profiles. TORSTAR NEWS SERVICE

Similar incident

There are parallels to an incident in Ajax last month, when a 19-year-old was rushed to hospital after falling off the hood of a Toyota.

- Police said the teen climbed onto the moving car and, when it braked, flew onto the pavement and fractured his skull.

Actor Alex Furber rides Joey, the puppet in the National Theatre production War Horse, to the Cenotaph with members of the mounted police service Monday to mark the 95th anniversary of the Battle of Vimy Ridge. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Remembering Vimy Ridge, 95 years on

Ceremony. Hundreds turn out at Old City Hall to mark anniversary of historic battle

Many veterans attended the Toronto ceremony. COLIN MCCONNELL/TORSTAR NEWS SERVICE

To some, it's the moment Canada became a nation. But you don't have to be Canadian to recognize its importance.

Among the crowd of several hundred people marking the 95th anniversary of the Battle of Vimy Ridge at the cenotaph in front of Old City Hall on Monday were Hélène de Tienda y de Robert de Lafregeyre and her husband, Jérôme.

The couple hails from La Cavalerie, a town of about 900 people in southern France. The long last name is due to Jérôme's royal ancestry.

Hélène, 62, has multiple sclerosis and uses a wheelchair. Jérôme, 73, is a veteran of the Algerian war of independence. Hélène was in Toronto to celebrate Easter, she said, but as a retired history teacher she felt it was important to attend the ceremony.

"We both think that we have to cherish the memory of Canadian people who died for Europe's liberty," she said. "It's to pay a tribute."

It was a blustery day and the ceremony — which began with O Canada and ended with God Save the Queen — was in the shade, meaning most onlookers were visibly freezing. But Hélène was quick to point out that the soldiers at Vimy Ridge had to endure much worse than just a frigid wind.

The battle, which began the morning of Easter Monday in 1917, was the first time Canada's four divisions came together in a single fighting force. The extensively trained soldiers achieved what the French and British couldn't in the previous two years and captured the ridge using innovative military tactics.

Nearly 3,600 Canadians died in the battle and thousands more were wounded.

The ceremony also featured a tribute to police horses sent to Europe to join the war effort. Insp. William Wardle of the Toronto Police's mounted unit noted that 81,000 Canadian horses went to Europe, but only 40 came home.

Five current Toronto Police horses were present along with "Joey", the life-size horse puppet operated by three actors from the National Theatre production War Horse. TORSTAR NEWS SERVICE

Marching students pay tribute in France

In France, Governor General David Johnston's delegation to Vimy included an estimated 5,000 Canadian students who marched two kilometres from the memorial to two cemeteries where some of Canada's war dead are buried.

The marching students braved persistent rains, distantly evocative of the snow and sleet Canadian troops slogged through 95 years ago.

Johnston said he considers the battle a seminal moment in Canada's transformation from colony to independent nation.

"By teaching youth about the courage and perseverance shown by the young Canadians who fought during the Battle of Vimy Ridge, we are helping to create a new generation that will shape the future of our great country," Johnston told an audience of thousands that included Veterans Affairs Minister Steven Blaney and a number of French and Canadian dignitaries.

"The youth here have been witness to the sacrifice of Vimy and will move forward with the same determination as those who fought with pride and conviction 95 years ago." TORSTAR NEWS SERVICE/THE CANADIAN PRESS

Hallowed ground

"We stand on hallowed ground. A place of agonized conflict, a site of appalling loss of life, a vessel of sorrow, a crucible of courage, a hallmark of ingenuity, collaboration and resolve undertaken by men at arms in the cause of peace."

Gov. Gen. David Johnston

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2012 OPTIMA "CAR OF THE YEAR"

MOTORING 2012

HWY: 5.7L/100KM
CITY: 8.7L/100KM
Optima SX Turbo shown

LEASE IT FROM $267◂ PER MONTH FOR UP TO 48 MONTHS | AT 2.9% APR

$2,199 down payment. Offer based on 2012 Optima LX M/T and includes delivery, destination and fees of $1,939 and **$1,000** lease savings.*

DARE TO COMPARE ✓	2012 KIA OPTIMA LX A/T	2012 Honda Accord SE A/T	2012 Toyota Camry LE A/T
Horsepower (hp)	200	177	178
Torque (lb.-ft.)	186	161	170
Automatic Transmission	6 Speed	5 Speed	6 Speed

2012 SORENTO

7 PASSENGER SEATING AVAILABLE

TOP SAFETY PICK 2012 INSURANCE INSTITUTE FOR HIGHWAY SAFETY

Sorento SX shown

0% FINANCING APR FOR UP TO 60 MONTHS**

Own it from $413 per month for 60 months with a $2,600 down payment.
Offer includes delivery, destination and fees of $1,784 and **$1,000** loan savings‡.
BASED ON A PURCHASE PRICE OF $28,379.

DARE TO COMPARE ✓	2012 KIA SORENTO LX AT FWD (4-CYL)	2012 Honda CR-V FWD LX 2WD (4-CYL)	2012 Ford Escape 2.5L XLT FWD (4-CYL)
Horsepower (hp)	191	185	171
Torque (lb.-ft.)	181	163	171
Towing Capacity (lbs)	1,650	1,499	1,499
Overall Interior Volume (L)§	2,987	2,949	2,818
17" Alloy Wheels	✓	✗	✗

HWY: 6.2L/100KM
CITY: 9.5L/100KM

THE ALL-NEW FUEL-EFFICIENT RIO 5-DOOR

"BEST SMALL CAR"

(under $21,000)

MOTORING 2012

Rio5 SX shown

LEASE IT FROM $183◂ PER MONTH FOR UP TO 48 MONTHS | AT 1.9% APR

$1,500 down payment. Offer includes delivery, destination and fees of $1,839 and **$500** lease savings.

DARE TO COMPARE ✓	2012 KIA RIO 5DR LX M/T	2012 Toyota Yaris LE M/T	2012 Ford Fiesta S M/T
Horsepower (hp)	138	106	120
Torque (lb.-ft.)	123	103	112
Fuel Economy - HWY	4.9L/100km	5.2L/100km	5.1L/100km
Power Windows	✓	✗	✗
Steering Wheel Audio Controls	✓	✗	✗
Heated Sideview Mirrors	✓	✓	✗

HWY: 4.9L/100KM
CITY: 6.6L/100KM

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Offer(s) available on select new 2011/2012 models through participating dealers to qualified customers who take delivery by April 30, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. ◊Optima 3 Payments On Us offer is available on approved credit to eligible retail customers who finance or lease a new 2011/2012 Optima or Optima Hybrid from a participating dealer between April 9 – April 15, 2012. Eligible lease and purchase finance (including FlexChoice) customers will receive a cheque in the amount of 3 payments (excluding taxes) to a maximum of $400/month. Lease and finance (including FlexChoice) purchases are subject to approved credit. Customers will be given a choice between up to $1,200 reductions from the selling/leasing price after taxes or dealer can issue a cheque to the customer. Some conditions apply. See your dealer for complete details. **0% purchase financing is available on select 2012 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2012 Sorento LX (SR75BO) with a selling price of $28,379 (includes delivery and destination fees of $1,650, other fees of $34, OMVIC Fee, Environmental Fee and A/C tax ($100, where applicable)) financed at 0% APR for 60 months. Monthly payments equal $413 with a down payment/equivalent trade of $2,600. Cost of borrowing is $0 for a total obligation of $28,379. License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA, and registration fees are extra. Financing example excludes $1,000 loan savings (see below) that is deducted from the negotiated selling price before taxes. Retailer may sell for less. See dealer for full details. ◆"Don't Pay for 90 Days" on select models (90-day payment deferral) applies to purchase financing offers on select 2011 and 2012 models on approved credit (OAC) (2011/2012 Sportage/Sorento/Sedona/Borrego excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal + interest monthly over the term of the contract. †Lease offer available on approved credit (OAC) on 2012 Optima (0P54LC)/2012 Rio5 (RO55LC) is based on monthly payments of $267/$183 (includes delivery and destination fees of $1,455, $34 OMVIC fee, Environmental Fee, A/C tax ($100, where applicable), $350 lease service fee and a lease savings (lease credit) of $1,000/$500 ($1,000/$500 includes $500/$0 Loyalty Bonus and $500 lease savings) for 48 months at 2.29%/1.9% with a $2,199/$1,500 down payment/equivalent trade, PPSA, security deposit and first monthly payment due at lease inception. Total lease obligation is $15,036/$10,275 with the option to purchase at the end of the term for $10,054/$6,600. Lease has 16,000 km/year allowance (other packages available and $0.12/km for excess kilometres). Other taxes, registration, insurance, licensing and variable dealer administration fees (up to $699) are excluded. ‡Loan savings for 2012 Kia Sorento LX AT (SR75BO) is $1,000 and is available on purchase financing only on approved credit (OAC). Loan savings varies by model and trim and are deducted from the negotiated selling price before taxes. *Loyalty Bonus offer available on 2012 Optima (0P54LC) at a value of $500 for any current Kia owners towards the purchase or lease of a new 2012 Optima (0P54LC) by April 30, 2012. Loyalty Bonus offer applicable to cash purchase, lease and purchase financing only and will be deducted from the negotiated price before taxes. Offer is transferable within same household only (must provide proof of address). Limit 1 of one Loyalty Bonus per customer or household. Certain restrictions apply. See dealer for details. ^Compare against maximum cargo capacity when 2nd row seats are folded. 2012 Kia Sorento LX AT vs 2012 Honda CR-V FWD LX 2WD (4-CYL). 2012 Kia Sorento awarded the Top Safety Pick by the Insurance Institute for Highway Safety. Visit www.iihs.org for full details. ~Highway/city fuel consumption of these vehicles may vary. These estimates are based on Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's *Fuel Consumption Guide*. Your actual fuel consumption will vary. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research. Kia is a trademark of Kia Motors Corporation.

Sperm donors. Canadian clinics lack enforcement: Filmmaker

A Toronto filmmaker claiming to share a single sperm donor with 1,000 siblings says a similar situation could happen in Canada today.

He says the late Bertold Wiesner, an Austrian Jew who ran a fertility clinic in England, was not only his biological father, but a dad to hundreds of others.

"This story could never happen again in England, but it could happen and is happening in Canada," said Barry Stevens.

Stevens, an award-winning documentary filmmaker, has been chronicling his journey to find his biological father, a radical scientist he once described as the "mystery masturbator."

Over the past decade, DNA tests conducted on 19 children conceived at the London fertility clinic revealed two-thirds of them were fathered by Wiesner. If that ratio holds true for the 1,500 children conceived in the clinic between 1943 and 1962, the number of Wiesner's progeny could be 1,000.

The laws that would prevent an identical situation now haven't been enforced in Canada or the United States.

Behind Wiesner

- **Motivation?** Stevens isn't sure what motivated Wiesner, who died in the early 1970s, to sire so many children.
- **Documentaries.** In 2001, Offspring, Stevens' documentary, was nominated for an Emmy. Bio-Dad, released in 2009, was greeted with similar fanfare.
- **In the words of.** "I think he was motivated by wanting to help families and scientific curiosity," said Stevens, 59, of Wiesner's dedication to dissemination. "Who knew — maybe as a Jew he thought (expletive) to the Nazis."

Earlier this month, the Conservative government scrapped Assisted Human Reproduction Canada, a regulatory agency supposed to monitor reproductive technologies

TORSTAR NEWS SERVICE

Alberta oilsands

Castro critiques Stephen Harper

Cuba's former leader Fidel Castro is criticizing Prime Minister Stephen Harper for environmental damage caused by the extraction of crude from the Alberta oilsands. In a new essay, Castro claims that the U.S. is forcing Canada to extract oil, which is causing irreparable damage to the environment. THE CANADIAN PRESS

Rescue funds

High Park zoo saved, for now

The High Park zoo will likely stay open until December with the help of a local family. The Honey Family Foundation offered to match donations to the zoo fund of up to $50,000 for the next three years. The announcement Monday was met with cheers from volunteers and zoo-goers.

TORSTAR NEWS SERVICE

Elementary teachers accused of deserting discussion table

Contract negotiations. Education minister says collective bargaining gains could be in jeopardy if federation walks away

Ontario's Liberal government is putting pressure on elementary school teachers to take part in a forum aimed at guiding collective bargaining.

Education Minister Laurel Broten accused the Elementary Teachers' Federation of Ontario on Monday of walking away from a discussion table that has proven productive in the past.

"We've repeatedly invited ETFO back, but they have repeatedly refused," Broten said. "They have chosen to withdraw and to be isolated outside the process."

With teacher contracts set to expire in August, the provincial discussion table allows teacher and staff unions and trustee associations to discuss issues, and come up with a framework for local collective bargaining.

The framework achieved at the last two discussion tables in 2005 and 2008 guided productive collective bargaining that included wage and other gains, Broten said.

Those gains, she said, could be in jeopardy now that the federation's delegation, led by president Sam Hammond, bolted after just one hour of a preliminary briefing.

The minority Liberal government, which is grappling with a deficit, has yet to pass a budget that, among other things, is counting on wage and grid freezes for teachers.

Ontario Education Minister Laurel Broten addresses a news conference in Toronto, on Monday. With contracts expiring in August, Broten appealed to elementary school teachers to return to a provincial discussion table to help set the framework for negotiations. COLIN PERKEL/THE CANADIAN PRESS

Forum

"It's very unfortunate that the Elementary Teachers' Federation of Ontario has refused to participate."

Education Minister Laurel Broten, who called on teachers and parents to press the union leadership to return to the forum

The federation said it was "studying the minister's request and consulting with legal counsel" and would issue a formal response this week.

Hammond has previously called the government's position insulting and meanspirited.

Broten refused to say what might happen if the elementary teachers opt to bypass the ongoing talks at the provincial discussion table and go straight into local bargaining.

However, the Progressive Conservatives, who are pledging to vote against the budget, accused the minister of attempting to negotiate with teachers through the media. The Tories want a mandatory wage freeze imposed on the broader public sector.

"The Liberal plan is to have a voluntary wage freeze and they pick and choose who they're going to ask to do this, which is just designed for failure," said Tory education critic Lisa MacLeod.

Economist Don Drummond recommended the province lift its cap on class sizes and eliminate full-day kindergarten, which will cost $1.5 billion a year, but Premier Dalton McGuinty has rejected those ideas and wants a wage freeze instead.

THE CANADIAN PRESS

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Automatic Transmission	6 Speed	5 Speed	6 Speed
Fog Lights	✓	✗	✗
Power Driver Seat	✓	✓	✗
Heated Seats	✓	✗	✗

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Transgender model tells story in TV interview

Reinstated. Vancouver's Jenna Talackova allowed to compete in Miss Universe Canada, says Donald Trump

Miss Universe contestant Jenna Talackova has a boyfriend and hopes to have two kids some day, but didn't initially tell him she was born male, the transgender Canadian beauty queen said Monday.

In an interview with ABC Television's Good Morning America, Talackova said she and her boyfriend of two-and-a-half years needed to get to know each other as friends before she told him about her sex-change procedure.

"Of course I had to let him know," Talackova said.

"He was very supportive, very accepting. He saw me for who I was."

Jenna Talackova, left, poses with ABC's Barbara Walters in New York. HEIDI GUTMAN/ABC/THE ASSOCIATED PRESS

Talackova was asked whether she wants to have children. She replied, without elaborating, "Yes, I want to have two children."

Talackova, 23, had already made the Miss Universe Canada final before pageant organizers unleashed a wave of global media attention last month by disqualifying her on the basis she had to be a "naturally born" female.

Pageant owner Donald Trump finally stepped in and overruled that decision, reinstating her ahead of the May 19 Miss Universe Canada contest.

High-profile American lawyer Gloria Allred said Trump did the right thing by allowing Talackova to stay in the competition, because the disqualification was simply wrong, something that should be recognized globally. THE CANADIAN PRESS

Marking the Queen's 60th year on the throne

A sculptor at Madame Tussauds London puts the finishing touches on the new wax figure of Queen Elizabeth II, which will portray Her Majesty as she appeared in the official Jubilee portrait photograph released in December 2011. MADAME TUSSAUDS/THE ASSOCIATED PRESS

Next question

Expert asks: What can the F-35s do?

An expert who's tracked the controversial F-35 stealth-fighter program says the Canadian government should conduct a thorough audit of what the new jet can and cannot do.

Winslow Wheeler, of the Washington-based Centre for Defence Information, says what's needed after auditor general Michael Ferguson's report is an independent, fact-based analysis of the claims made by the manufacturer. THE CANADIAN PRESS

Alleged stalker

Quebecer arrested near actor's home

New York City police say they have arrested a Quebec woman for allegedly stalking actor Alec Baldwin.

A police spokesman says Genevieve Sabourin was arrested at Baldwin's Manhattan home. She was arrested and charged with aggravated harassment and stalking. THE CANADIAN PRESS

Pickton trial

Surviving sex worker to testify

A former sex worker who survived an attack on Robert Pickton's farm five years before he was arrested is set to testify at the public inquiry into the case in Vancouver. The hearings are examining the failed police investigation into Pickton. THE CANADIAN PRESS

Patriarch passes

Oilsands opponent dies

Eco-warrior to some, terrorist to others, Wiebo Ludwig was for decades a polarizing figure in the debate over northern Alberta's oil and gas industry.

Ludwig died Monday at the age of 70 after a battle with esophageal cancer. THE CANADIAN PRESS

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Optima Hybrid shown

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Windshield Wiper De-Icer	✓	✗	✗
Memory Driver Seat	✓	✗	✗
Rearview Camera	✓	✗	✗
Heated Front Seats	✓	✗	✗

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Foreign help expected after fatal Pakistan avalanche

In this Feb. 19 file photo, Pakistani army soldiers with the 20th Lancers Armored Regiment carry supplies up the 2,400-metre mountain near their outpost, in Pakistan's Dir district. ANJA NEIDRINGHAUS/THE ASSOCIATED PRESS

An avalanche that buried more than 120 soldiers in a Himalayan region close to India has put a spotlight on what critics say is one of world's most pointless military deployments: Two poverty-wracked nations engaged in a costly standoff over an uninhabitable patch of mountain and ice.

Since Saturday morning when the massive wall of snow engulfed a Pakistani military complex close to the Siachen Glacier, rescue teams have been unable to dig up any survivors. There is now very little hope that even a small number of people will come out alive.

A team of U.S. military experts was expected to arrive at the site Monday to assist in the rescue efforts, according to an American official. The team flew in from Afghanistan after the Pakistani army asked for help, the official said on condition of anonymity because he was not authorized to brief the media.

The U.S. military helped Pakistan after the 2005 Kashmir earthquake and floods in 2010, ventures that Washington used to bolster efforts to strengthen its ties with Islamabad, vital in the fight against al-Qaida. The current mission is far smaller, and comes amid a near-breakdown in relations between the two countries.

Switzerland and Germany are also sending small teams of experts to help, said the Pakistani army.

The missing soldiers are part of the Pakistani military deployment to the Siachen Glacier, which forms the northern part of Kashmir region, disputed between Islamabad and India and the main source of tension between the nuclear-armed rivals who have fought three wars since 1947.

The conflict over Siachen began in 1984 when India occupied the heights of the 78-kilometre-long glacier, fearing Pakistan wanted to claim the territory. Islamabad also deployed its troops.

THE ASSOCIATED PRESS

Sunday's deadly slide

At least 124 soldiers and 11 civilian contractors were buried, the military said.

- The avalanche plowed into the headquarters at Gayari sector, which is at the entrance to the glacier, and buried the complex under more than 20 metres of snow.
- There are temperatures as low as -60 C, vicious winds and altitude sickness — the region is just east of the world's second-highest peak, K-2.

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Afghan migrants plucked from leaking wooden ship in Indonesia

Indonesia says it has rescued 120 Afghan migrants from a leaking wooden ship headed to Australia.

An official called Joko from the National Search and Rescue Agency says they received a distress call from the ship's captain on Sunday and went to their aid.

The Afghans were taken by tanker to a port on the western side of Indonesia's Java Island.

Witnesses said Monday that police were still negotiating with the migrants who were refusing to leave the tanker.

Joko says they will be handed over to immigration officers.

Migrants without legal documents are usually deported home while others may apply for asylum.

Migrants from conflict-ridden countries have long used Indonesia's thousands of islands as a transit point on their way to Australia.

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Travel Apr 13 - Apr 20/ts — + taxes & fees $284

Jamaica $45
Travel Apr 11 - Apr 18/wg — + taxes & fees $366

Cancun $99
Travel Apr 16 - Apr 24/ts/c6 — + taxes & fees $346

Paris $144
Travel Jun 18 - Jun 27/ts — + taxes & fees $526

Amsterdam $149
Travel Apr 25 - May 3/ts — + taxes & fees $497

New York $198
Travel Jul 3 - Jul 7/ws — + taxes & fees $126

Las Vegas $199
Travel Jun 3 - Jun 7/wg — + taxes & fees $289

Lima $489
Travel May 2 - May 16/la — + taxes & fees $427

Sydney $499
Travel May 2 - May 16/dl — + taxes & fees $828

Canada & USA

Las Vegas
May Long Weekend
Air + 4 Nights
$235
Circus Circus — + taxes & fees $209
INCLUDES accom on the Strip. Departs May 20/swg/wg. UPGRADE to 4-star Luxor Las Vegas for $18 per night.

Niagara Falls May Long Weekend
Family Special, 2 Nights $98◊
Crowne Plaza Niagara Falls — taxes & fees included
INCLUDES accom attached to an indoor waterpark. Price per person based on family of 4. Travel May 19/ggv. ADD Niagara Falls tour for $92. BOOK this package based on double occupancy for $196.

Vancouver Air + 3 Nights $399
Sandman Hotel Vancouver City Centre — + taxes & fees $231
INCLUDES downtown accom in the heart of the entertainment and sports district. Departs Jun 21/ggv/wg. ADD Vancouver Aquarium admission for $28.

New York City
Air + 3 Nights 4-Star $509
70 Park Avenue Hotel — + taxes & fees $173
INCLUDES Manhattan accom ideally located within walking distance of sights and attractions. Departs Jun 28/wsv/ws.

All-inclusive Vacations

Varadero
7 Nights 4-Star
$217
Allegro Varadero — + taxes & fees $276
Departs Apr 16/nol/c6.

Nassau, Bahamas $249
4 Nights 3.5-Star
Paradise Island Harbour Resort — + taxes & fees $319
Departs Apr 15/sqv/qk.

Puerto Vallarta $257
7 Nights 4-Star
Royal Decameron Complex — + taxes & fees $346
Departs Apr 14/nol/c6.

Cozumel 7 Nights 4-Star $297
Sabor Cozumel Resort & Spa — + taxes & fees $343
Departs Apr 13/nol/c6.

Riviera Maya 7 Nights 4.5-Star $367
BlueBay Grand Esmeralda (Cameleon) — + taxes & fees $347
Departs Apr 13/nol/ts.

Cancun 6 Nights 4-Star $379
Barcelo Costa Cancun — + taxes & fees $332
Departs Apr 17/sqv/qk.

Jamaica 7 Nights 4-Star $597
Holiday Inn Sunspree Resort — + taxes & fees $359
Departs Apr 20/nol/c6.

Europe Starter Vacations

Paris Air + First 2 Nights
$283
Hotel De Roubaix — + taxes & fees $526
INCLUDES central accom near Notre Dame Cathedral. Departs May 24/vat/ts. ADD Tour de France of Wine tour for $84.

Amsterdam Air + First 2 Nights $349
Amstel Botel Bv — + taxes & fees $497
INCLUDES floating hotel accom located in the centre of the city. Departs Apr 25/swg/ts.

Barcelona Air + First 2 Nights $349
Holiday Inn Express Barcelona City — + taxes & fees $474
INCLUDES central accom near La Ramblas. Departs Apr 21/ggv/ts.

Munich Air + First 2 Nights $363
Alfa Hotel — + taxes & fees $548
INCLUDES central accom. BONUS daily breakfast included. Departs Jun 5/vat/ts. ADD 2-day hop-on, hop-off city tour for $34.

Rome Air + First 2 Nights 4-Star $479
Hotel Romanico Palace — + taxes & fees $479
INCLUDES central accom near the Spanish Steps and the Trevi Fountain. Departs Jun 12/vat/ts. ADD River Tiber hop-on, hop-off cruise for $27.

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- Have a **coffee on us**.
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MOVIN' ON UP TO A DELUXE

Thinking of retiring on Mars? It could be a thing of the not-too-distant future, but blasting off remains expensive, and not a priority for earthly governments

ELISABETH BRAW
Metro World News

Astronauts can live in space for six months, so what's to stop others from spending half a year there, too? Or living there permanently?

Very little.

"An American millionaire who has made a fortune on hotels is already trying out inflatable space stations for use as space hotels," notes Chris Welch, lecturer in astronautics and space systems at the International Space University in Strasbourg, France.

"Once we have hotels in space, living in space won't be very far away."

The millionaire, Robert Bigelow, runs the company Bigelow Aerospace, whose space capsules will provide long-term accommodation for up to six people.

Galactic Suites also plans space hotels, while Richard Branson's Virgin Galactic intends to launch short-term space flights to lower orbit.

PayPal co-founder Elon Musk, who now runs space-exploration company SpaceX, says he'd like to retire on Mars.

And at universities around the world, researchers are designing the buildings, furniture and even games for humans in space.

The human colonies could float in lower orbit, like the International Space Station, or even be built on the moon.

But even though the science and engineering exists, outer space remains uninhabited by humans.

"It's not a technical problem, but a political one," explains Larry Bell, professor of space architecture at the University of Houston.

"Politicians are trying to fix the economy and national and international problems, so space isn't a priority. It's seen as too expensive."

Launching a spacecraft carries a price tag of some $10,000 per kilo.

Space agencies and private companies, however, are undeterred. NASA is even developing new space food for the expected increase in space travellers.

"Because there's no gravity, you can't even fry an egg in space," explains Alvin Drew, a NASA astronaut and head of NASA's advanced exploration systems habitat demonstration unit.

"But until now, the space food could only last for one to two years. Just going to Mars takes 18 months. So our food laboratory is developing new ways of cooking in space. It's still prepared food. But if you inject it into liquid you get a meal that's tastes very good. I just ate a space steak that tasted just like the real thing."

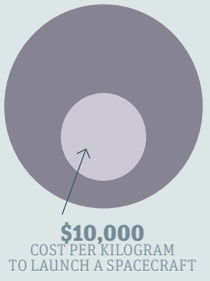
In the end, leaving Earth may become a necessity.

"Building space colonies will increase our chances of surviving," says Welch.

"Space exploration is humans' insurance policy."

Weighing the cost

Space — cheaper than gold!



Reluctant investors

Big space, little interest

The University of Houston's world-famous space-architecture program, headed by Larry Bell, has developed many of the buildings and furniture that could be used in space colonies.

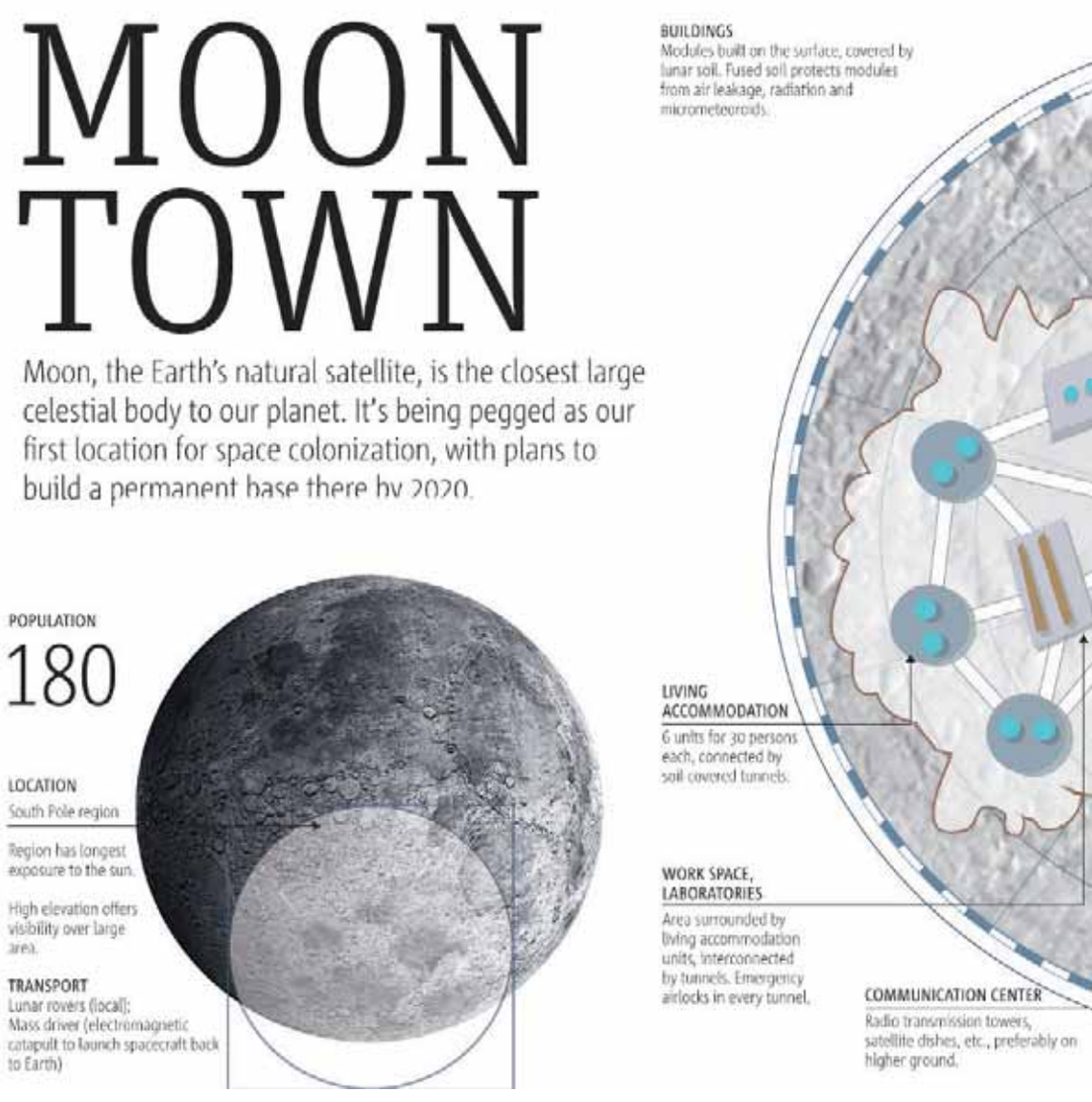
But, says Bell, the number of applicants to the program has been dropping for the past several years.

"Young people see no future in space exploration," he notes.

That's because, five decades after John F. Kennedy announced the U.S. would send a man to the moon, the space race with the Soviet Union is over and politicians are reluctant to make major investments in space.

"Space isn't expensive compared to other things we spend money on," reflects Bell. "But as far as governments go, space now seems to be perceived as a burden."

ELISABETH BRAW/
METRO WORLD NEWS


MOON TOWN
Moon, the Earth's natural satellite, is the closest large celestial body to our planet. It's being pegged as our first location for space colonization, with plans to build a permanent base there by 2020.
POPULATION
180
LOCATION
South Pole region
Region has longest exposure to the sun.
High elevation offers visibility over large area.
TRANSPORT
Lunar rovers (local); Mass driver (electromagnetic catapult to launch spacecraft back to Earth)
BUILDINGS
Modules built on the surface, covered by lunar soil. Fused soil protects modules from air leakage, radiation and micrometeoroids.
LIVING ACCOMMODATION
6 units for 30 persons each, connected by soil covered tunnels.
WORK SPACE, LABORATORIES
Area surrounded by living accommodation units, interconnected by tunnels. Emergency airlocks in every tunnel.
COMMUNICATION CENTER
Radio transmission towers, satellite dishes, etc., preferably on higher ground.

Thrusters on full: Sex in space

Anybody who has seen Barbarella or Flash Gordon will know that space is a sexy place, populated with lustful aliens and new possibilities.

But having a sex life in space is not as straightforward as Hollywood suggests, and would represent a giant leap for mankind. With Earth's resources diminishing, humans need space. They also need sex, and the species' survival may depend on erotic breakthroughs on these, the big questions:

Has anyone had sex in space? Leia and Han try to make time. 20TH CENTURY FOX

Has anyone had sex in space?

Nobody's admitted it, although cheeky California scientist Dr. Rhawn Joseph says there are rumours of a couple "sealing the deal" on the International Space Station. In 1991, Jan Davis and Mark Lee became the first married couple to fly together, breaking NASA rules designed to keep team harmony, but they are believed to have resisted temptation.

Is it even possible?

"The fantasy might be vastly superior to the reality," says spoilsport NASA physician Jim Logan, pointing to motion sickness and the "messy environment" it would create. In 2000, French science writer Pierre Kohler claimed that NASA had been testing zero-gravity sex in different positions but it was revealed to be a hoax. NASA says it has never conducted any such research but is not against sex in principle, as long as astronauts have "a constant commitment to honourable behaviour."

What is the best space-sex tech available?

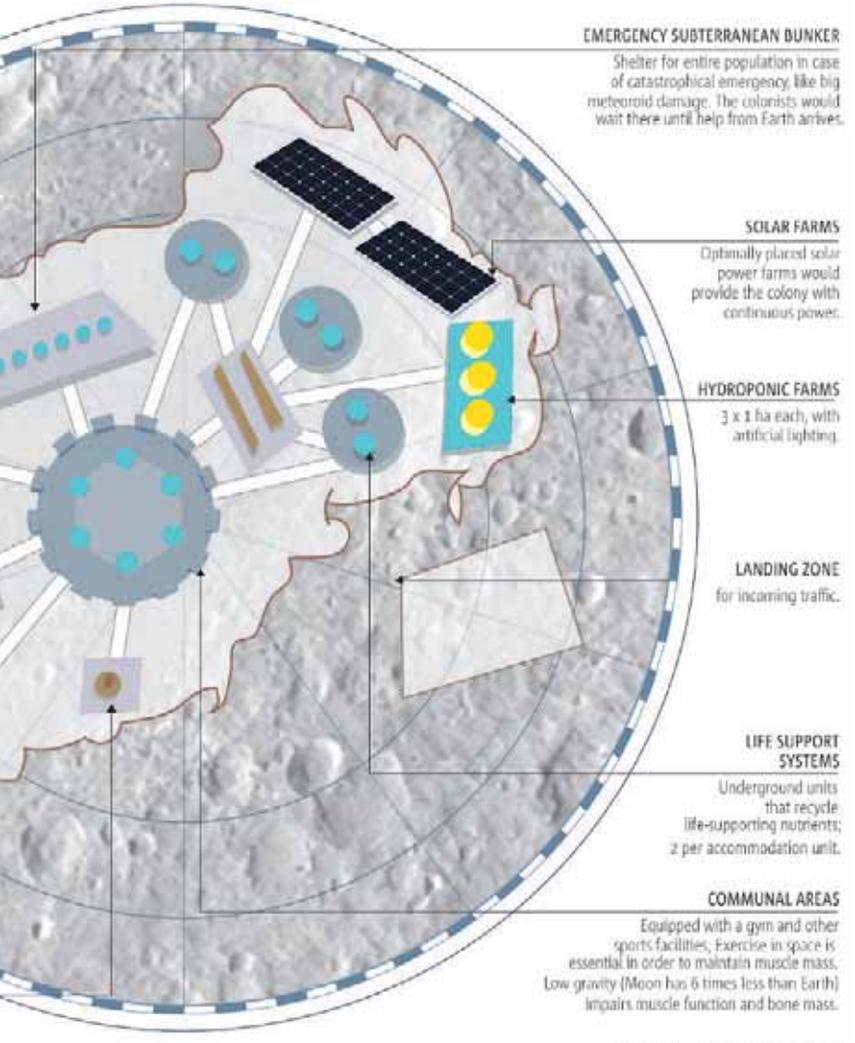
Probably actress/writer Vanna Bonta's "2 Suit," which uses light, flexible material that a couple can share playtime in. "Sex in space is not just a good idea, it's survival," said our hero. Real-estate billionaire Robert Bigelow is also ahead of the game with his Genesis prototype space hotel.

Could a baby be born in space — and would it be human?

Yes and no. "If you put an infant on Mars, they would adapt to the new environment," says Joseph, a neuroscientist. "And after several generations, you'd have a new species."

KEIRON MONKS/METRO WORLD NEWS

APARTMENT IN THE SKY


EMERGENCY SUBTERRANEAN BUNKER
Shelter for entire population in case of catastrophical emergency, like big meteoroid damage. The colonists would wait there until help from Earth arrives.
SOLAR FARMS
Optimally placed solar power farms would provide the colony with continuous power.
HYDROPONIC FARMS
3 x 1 ha each, with artificial lighting.
LANDING ZONE
for incoming traffic.
LIFE SUPPORT SYSTEMS
Underground units that recycle life-supporting nutrients; 2 per accommodation unit.
COMMUNAL AREAS
Equipped with a gym and other sports facilities; Exercise in space is essential in order to maintain muscle mass. Low gravity (Moon has 6 times less than Earth) impairs muscle function and bone mass.

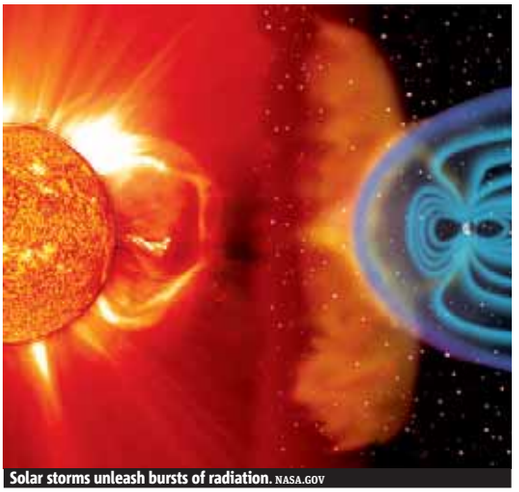
GRAPHIC: MIA KORAB, TEXT: DANIEL DENSUK

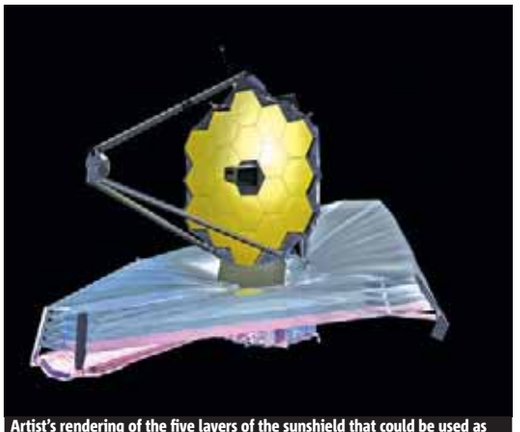
Seeking shelter from the storms in space

Just as Earth has sun and wind, so does space. In fact, the space weather presents a crucial challenge to human habitation.

"Space weather is not about sun and wind," explains Dr. John Farrow, professor of space applications at the International Space University. "It's about plasma and radiation. But it does have as much variation as our weather down here. In the most extreme circumstances, the weather can terminate a space mission."

The space equivalent of rain is radiation, which rains down on astronauts and forces them to carry "umbrellas" — radiation-proof space suits — or stay inside their capsule.


Solar storms unleash bursts of radiation. NASA.GOV


Artist's rendering of the five layers of the sunshield that could be used as a space "umbrella." NASA.GOV

Weather everywhere

"Space weather is not about sun and wind. It's about plasma and radiation. But it does have as much variation as our weather down here."
Dr. John Farrow, professor of space applications, ISU

"But just like a regular umbrella doesn't fully protect against rain, a 'space umbrella' doesn't fully protect against radiation," notes Farrow. "And the problem with radiation is that you can't see it."

Radiation, of course, causes chronic illnesses like cancer.

"On the moon you have no protection against space weather," explains Prof. Alex Ignatiev, director of the Center for Advanced Materials at the University of Houston.

"If we're going to live there, we'd need a one-to-two-metre-thick layer of lunar sand on top of the capsule. Lunar sand absorbs radiation from the sun. Mars would be a little easier because it has a bit of atmosphere. But space weather is a major challenge."

On the other hand, the moon has water, and is easily accessible from Earth. But if humans are to establish space colonies, they have to design space suits that will provide complete protection against radiation.

They also have to design space capsules that can withstand sudden weather changes and fluctuating temperatures.

Not surprisingly, space agencies have entire teams dedicated to space weather, but they face a daunting task: Creating weather-proof gear that weighs very little. Weight is an essential issue as each kilo of payload costs $10,000 to launch into space.

In the meantime, space agencies have developed a new capability — and one that will be extremely useful even to us earthlings: Space-weather prediction.

"They can tell what's coming and issue an alarm to companies operating satellites," says Farrow.

"If the companies don't react, the satellites can be destroyed."

That would mean no cellphone calls, no satellite-beamed TV, no cloud-computing.

ELISABETH BRAW/METRO WORLD NEWS

Q&A

'Next stop will be the moon'

A Q&A with Alvin Drew, director of NASA's advanced exploration systems habitat demonstration unit.

When will we live in space?
Our goal is to explore Mars within 25 to 30 years. To reach that goal, we'll start by exploring asteroids, and keep exploring the moon. And to do so, we need human habitats on the Moon and these asteroids.

What will habitats look like?
Very different from the International Space Station. They won't look different on the outside, but the difference is that the ISS is in lower orbit, within Earth's magnetic field, which protects us from radiation. A habitat farther away from Earth needs huge radiation protection. And farther away from Earth there's never a sunset, so your body doesn't know what time of the day it is. Then there are speed delays: Even if you're communicating at the speed of light, a signal takes 20 minutes to reach Earth. That's very different from the ISS, where we have cameras that literally look over the astronauts' shoulders and we can communicate immediately.

METRO WORLD NEWS

In Metro Wednesday

- **Exploring the cosmic kitchen:** Metro takes a look at what's on the menu in space.

In Metro Thursday

- **We reveal the Canadian finalist for our Metro Race for Space contest.**

More at metronews.ca

- **Suiting up:** Designers best known for dressing Lady Gaga and Rihanna reveal their take on a spacesuit.
- **Angry astrophysicist:** Neil deGrasse Tyson reviews Angry Birds Space.

Working to save trapped miners in Peru

Workers cut logs during the rescue operation to save nine trapped miners at the Cabeza de Negro gold and copper mine in Yauca del Rosario, Peru, Monday. Peruvian authorities say nine miners trapped since April 5 are being supplied with sports drinks, soup and food while emergency responders work to free them.

MARTIN MEJIA/THE ASSOCIATED PRESS

No grand jury in Trayvon shooting

Neighbourhood-watch incident.
Decision on whether to charge unarmed teen's shooter in hands of special prosecutor

A grand jury will not look into the Trayvon Martin death, a U.S. special prosecutor said Monday, eliminating the possibility of a first-degree murder charge and leaving the decision of whether to charge the teen's shooter in her hands alone.

Angela Corey said her decision had no bearing on whether she would file charges against George Zimmerman, the neighbourhood-watch volunteer who has said he shot the unarmed black teen in self-defence.

Corey could still decide to charge him with a serious felony such as manslaughter, which can carry a lengthy prison sentence.

The case has led to protests across the U.S. and spurred a debate about race and the laws of self-defence. Martin was black; Zimmerman's father is white and his mother is Hispanic.

Zimmerman has claimed self-defence in the Feb. 26 confrontation and shooting. Florida's self-defence law gives wide leeway to use deadly force and eliminates a person's duty to retreat in the face of danger.

Trayvon Martin. MARTIN FAMILY/THE ASSOCIATED PRESS

A grand jury had been set to meet Tuesday. Corey has long had a reputation for not using grand juries if not necessary. In Florida, only first-degree murder cases require the use of grand juries.

Corey's decision means she doesn't have to rely on potentially unpredictable jurors, said David Hill, an Orlando criminal defence attorney.

"Let's give her the benefit of the doubt. Maybe she knows there isn't enough for first-degree murder but she wants to maintain control and charge him with something else," Hill said. "What does she need a grand jury for? She cuts out the unpredictability of the grand jury. She goes where she feels she has more evidence."

Corey took over the case last month after the prosecutor who normally handles cases out of the city of Sanford recused himself. That prosecutor, Norm Wolfinger, had originally called for the case to be presented before a grand jury.

"From the moment she was assigned, Ms. Corey noted she may not need a grand jury," said a statement from Corey's office.

Prosecutors sometimes use grand juries to avoid the political fallout from controversial cases. But Corey was elected by voters more than 160 kilometres away, so political problems are less of an issue, Hill said.

An attorney for Martin's parents said in a statement that he is not surprised by the decision to avoid the grand jury and hopes a decision is reached soon.

"The family has been patient throughout this process and asks that those who support them do the same," said attorney Benjamin Crump.

THE ASSOCIATED PRESS

Crime

Suspects in court following Tulsa shooting spree

Two Oklahoma men suspected in a shooting rampage that left three people dead and terrorized Tulsa's African-American community made their first court appearance Monday.

Jake England, 19, and Alvin Watts, 32, appeared via closed-circuit TV.

The judge set their bond at $9.16 million US apiece.

Both are being held on suspicion of three counts of first-degree murder, two counts of shooting with the intent to kill and one count of possession of a firearm in the commission of a felony. They will be formally charged at a later date. Neither had an attorney present. Their next appearance is set for April 16.

Police have identified both suspects as white, while all five victims in Friday's shootings were black. Police say it's too early to say whether the attacks in Tulsa's predominantly black north side were racially motivated.

THE ASSOCIATED PRESS

Jury selection starts in killing of Oscar winner's relatives

A judge will question would-be jurors as jury selection begins in earnest at the Chicago trial of the man accused of murdering singer and Oscar-winning actress Jennifer Hudson's mother, brother and nephew.

Hudson, who was not in Chicago at the time of the killings, told investigators she was in touch with her mother almost every day and became concerned when she couldn't reach her by late morning on Oct. 24, 2008.

Hours later, the bodies of her mother, Darnell Donerson, 57, and brother, Jason Hudson, 29, were found shot to death in the family home. The body of her seven-year-old nephew, Julian King, was found days later in a sport utility vehicle several kilometres away.

Selecting 12 jurors and six alternates able to set aside sympathy for the Hollywood star and assess guilt only according to evidence presented in court against William Balfour could pose a challenge.

It's expected to take two or three days to make final selections from among 150 prospective jurors.

Judge Charles Burns will aim to weed out anyone who might be swayed by the 30-year-old Hudson's celebrity, though he's unlikely to automatically exclude Hudson fans if they can convince him their biases won't affect their deliberations.

If convicted, Balfour, who is also 30, faces a maximum life sentence. His lawyers have said the evidence is circumstantial; prosecutors say the proof includes gun residue. THE ASSOCIATED PRESS

Testimony begins April 23

Court officials say Hudson is expected to attend every day of the trial.

- Hudson is on a 300-name list of potential witnesses, though it's not certain she will testify.
- Nine of 66 questions on a questionnaire the would-be jurors filled out dealt with Hudson's career.

Jennifer Hudson arrives before the 83rd Academy Awards in February 2011 in Hollywood. CHRIS PIZZELLO /THE ASSOCIATED PRESS

Virginia Beach

U.S. navy will compensate victims of military jet crash

U.S. navy officials say they will begin providing compensation right away to those affected by Friday's military jet crash into a Virginia Beach apartment complex.

Initial payments will begin at $2,300 US for an individual resident, with more going to residents with families.

Dozens of apartment units were destroyed when the F/A-18D Hornet careened into the Mayfair Mews apartment complex.

Residents won't be permitted onto the site until the cleanup is complete.

THE ASSOCIATED PRESS

Dame Grand Cross

Camilla gets highest female rank in Royal Victorian Order

Queen Elizabeth has appointed the Duchess of Cornwall to the highest female rank in the Royal Victorian Order, Buckingham Palace said Monday.

The announcement that Camilla has been made a Dame Grand Cross comes on the day of her seventh wedding anniversary with Prince Charles.

Awards under the Royal Victorian Order are given by the Queen to people who have served her or the monarchy in a personal way. They are bestowed independently of the prime minister's office.

THE ASSOCIATED PRESS

Serbia

Clashes over permanent housing for Roma people

Fourteen people have been injured in clashes between policemen and stone-hurling rioters protesting the building of a Roma settlement in a Belgrade, Serbia, suburb.

Police said 12 officers and two protesters were hurt in the clashes in the village of Resnik on Sunday. About 20 protesters were arrested.

Police were trying to protect the construction of a permanent housing settlement for the Roma, who are to be moved from their slum in downtown Belgrade.

THE ASSOCIATED PRESS

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Sailors aboard the nuclear aircraft carrier USS Enterprise at the Norfolk Naval Station in Norfolk, Va. prepare Sunday for deployment to the Persian Gulf region. STEVE HELBER/THE ASSOCIATED PRESS/FILE

Iran nuclear chief open to possible compromise?

Ahead of talks. Puts uranium enrichment program on the table, but no specifics

Iran is signalling a possible compromise offer heading into critical talks with world powers deeply suspicious of its nuclear program: offering to scale back uranium enrichment but not abandon the ability to make nuclear fuel.

The proposal — floated by the country's nuclear chief as part of the early parrying in various capitals before negotiations get under way Friday — suggested that sanctions-battered Iran is ready to bargain.

The talks involving Iran and the five permanent UN Security Council nations plus Germany, to be held in Istanbul, are the first direct negotiations on Tehran's nuclear program since a swift collapse more than 14 months ago.

Despite far-reaching complexities, the dispute effectively boils down to one issue: Iran's stated refusal to close down its uranium enrichment labs.

For Iran, uranium enrichment is a proud symbol of its scientific advances and technological self-sufficiency.

The U.S. and its allies contend that the same sites that make fuel for reactors could also eventually churn out weapons-grade material. Iran has repeatedly insisted that its nuclear program is for peaceful purposes only.

The ideas put forth late Sunday by the nuclear chief, Fereidoun Abbasi, are an attempt to at least acknowledge this huge divide.

Abbasi said Tehran could eventually stop its production of the 20 per cent enriched uranium needed for a research reactor, used for medical research and treatments. But, he added, Iran would continue enriching uranium to lower levels of about 3.5 per cent for power generation.

THE ASSOCIATED PRESS

Opportunity

"It is important for Iran to understand that ... these talks are an opportunity."

Jay Carney
White House press secretary

Torture alleged. Negligence charges dropped in whistleblower's death

Russia's top investigative body said Monday it has dropped charges against a doctor suspected of negligence in the case of a prominent lawyer who reported official corruption in Russia, then died in custody while suffering from untreated pancreatitis.

The lawyer, Sergei Magnitsky, had accused Interior Ministry officials of using false tax documents to steal $230 million from the state. He was imprisoned for tax evasion in 2008 and died in custody in November 2009.

A private investigation concluded Magnitsky was severely beaten and denied medical treatment in prison, and it accused the government of failing to prosecute those responsible.

Magnitsky worked for Hermitage Capital, an investment fund owned and run by U.S.-born William Browder, who has since been barred from Russia as a security risk.

On Monday, Russia's Investigative Committee dropped the negligence charge against Dr. Larisa Litvinova, citing a two-year statute of limitations in such probes.

Hermitage Capital sharply criticized the decision.

THE ASSOCIATED PRESS

Nataliya Magnitskaya holds a picture of her late son, lawyer Sergei Magnitsky. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

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Facebook buys photo app Instagram for $1 billion

The Instagram app is used on an iPhone Monday in New York. Facebook is paying $1 billion to acquire the service. KARLY DOMB SADO/THE ASSOCIATED PRESS

Picture perfect. Social-networking giant looking to expand its mobile presence with the acquisition

Facebook is spending $1 billion US to buy the photo-sharing company Instagram in the social network's largest acquisition ever.

Instagram lets people apply filters to photos they snap with their mobile devices and share them with friends and strangers. Some of the filters make the photos look as if they were taken in the 1970s or on Polaroid cameras.

"This is an important milestone for Facebook because it's the first time we've ever acquired a product and company with so many users," CEO Mark Zuckerberg wrote on his Facebook page. "We don't plan on doing many more of these, if any at all."

Facebook said it plans to keep Instagram running independently. That's a departure from its tendency to buy small startups and integrate the technology — or shut them down altogether just so it can hire talented engineers and developers.

Facebook is paying cash and stock for San Francisco-based Instagram and hiring its 10 employees. The deal is expected to close by the end of June.

Facebook is expected to complete its initial public offering of stock next month. Getting Instagram is a big win for Facebook as it works to harness people's growing obsession with their mobile devices and sharing every moment of their lives. Instagram was only available on Apple devices until recently. An app for Android devices was released last week.

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Online sharing

"We think the fact that Instagram is connected to other services beyond Facebook is an important part of the experience."

Facebook CEO Mark Zuckerberg

Business optimism on the rise

Business optimism in Canada is rising sharply as the gloom of the winter months appears to be giving way to better expectations for sales, hiring and investment, a new Bank of Canada survey suggests.

The quarterly survey of senior management from 100 representative firms, conducted over four weeks in February and March, found the outlook for future sales among the most positive since the recession.

It showed 58 of the respondents expected higher sales in the next 12 months, as opposed to 23 who expected fewer.

That put Bank of Canada's important measure of business confidence at a positive 35, a big turnaround from the negative four balance of opinion in its January report.

It follows an unexpectedly strong employment report last week from Statistics Canada, which said 82,000 jobs were added in March, reversing what had been a few months of modest employment downturns.

"The good Canadian news just keeps rolling," said Derek Holt, an economist with Scotia Capital.

The snap-back in business confidence, while encouraging, raises the risk of the central bank moving to hike interest rates later this year, although there is no urgency, added Bank of Montreal's deputy chief economist Douglas Porter.

For that to happen, he said, "firmer business sentiment has to translate into firmer growth."

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Market Minute

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TSX 12,018.5 (-84.61)

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Natural gas: $2.107 US (+1.8¢)
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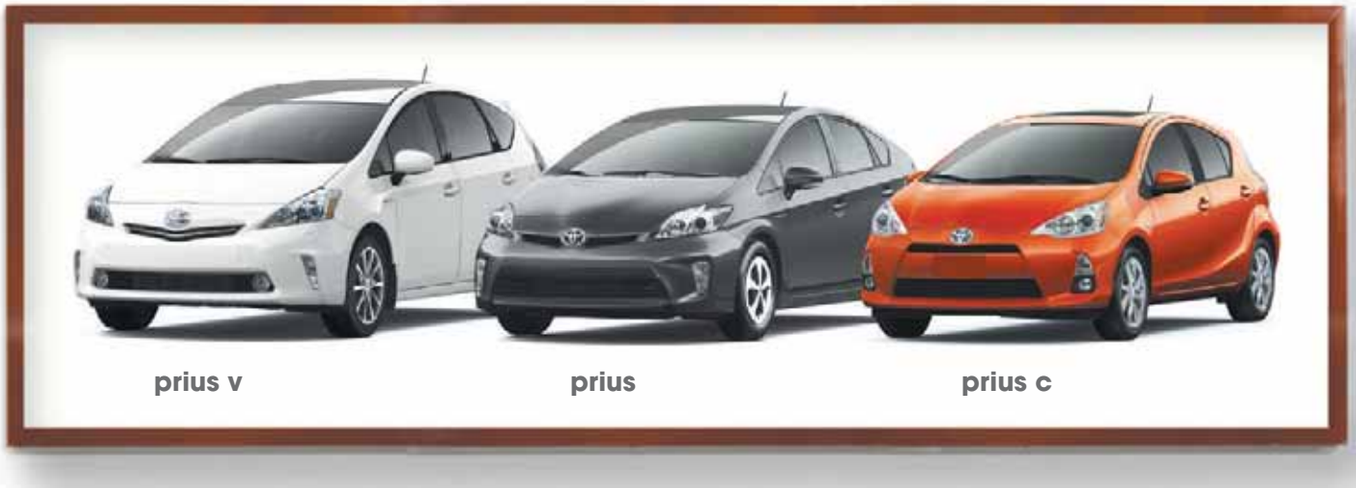

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Embattled Sino-Forest faces fraud allegations

Forestry. Once the most valuable forestry company on the TSX, Sino-Forest now facing a shaky future

Sino-Forest Corp. is in for a long road of uncertainty ahead as the once top-rated forestry company, now struggling to find a buyer, faces fraud allegations by the Ontario Securities Commission.

The firm, which the OSC accuses of misrepresenting its revenue and the extent of its assets in China, has been exploring its options, which might include a sale of the company.

However, the process could be hindered by confusion over which Chinese assets Sino-Forest owns, a question at the heart of the OSC fraud allegations announced Monday and a dilemma that seems just as murky as it did months ago when the accusations first emerged.

Corporate conundrum

"With all that uncertainty, in my view it's unlikely that they're going to survive this process."

Richard Powers, University of Toronto business law professor

"The big question is, what assets do they own, and how much are they worth," said Richard Powers, a professor of business law at the University of Toronto.

"Until they can determine that, it's going to be nearly impossible to find a potential buyer."

It's still uncertain just how deeply Sino-Forest is involved in the alleged fraud that has plagued the company's reputation. None of the allegations against it have been proven in court.

On Monday, Sino-Forest did not disclose details of the OSC's allegations, though it did say that they were of "a serious nature consistent with the recitals to the temporary cease trade order" made last August.

The notice, which was received by the company last week, said "Sino-Forest and certain of its officers and directors appear to have misrepresented some of its revenue and/or exaggerated some of its timber holdings," amongst other allegations.

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I DON'T CARE ABOUT YOUR KLOUT SCORE

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I recently received an email letting me know that I had FINALLY achieved a Klout score in the 40s, 45 to be precise. What tangible impact has this had on my everyday life? Absolutely none.

Founded in 2008, Klout.com allows users to measure their fluctuating influence across the social web. While "clout" refers to real political or social power, Klout with a "K" is a much more superficial unit of measurement, much like anything from the Kardashian Kollection.

Users relinquish all sorts of private data from their various social networks — Twitter, Facebook, LinkedIn — and Klout compiles a score ranging from one to 100. This influence score reflects your ability to drive action within your social circles.

I first learned about Klout at a web conference I attended last year. I registered immediately, a decision based on equal parts curiosity and vanity. After determining my score and realizing just how irrelevant it was, I completely forgot about my account.

Scope of influence

But while I was quick to dismiss it, many are eager to find out where they land on the barometer of influence. To date, the San Francisco startup has assigned Klout scores to over 100-million people and brands worldwide.

But while I was quick to dismiss it, many are eager to find out where they land on the barometer of influence. To date, the San Francisco startup has assigned Klout scores to more than 100-million people and brands worldwide.

Interestingly, Klout not only tells you who you are influencing and how much, but what topics you are influential about. However, based on my personal experience, the accuracy of these insights varies from spot-on to absolutely absurd.

Here are some of the peculiar subject areas that I am apparently influential about: The New York Jets, animals, diamonds. I can guarantee that I have never made an online (or offline) reference to the New York Jets in my life so who knows what sort of obscure logarithms they use to come up with this nonsense. As an animal-indifferent individual with a non-existent diamond collection, I'm pretty skeptical on whether these insights into my online reputation are really all that significant.

In a recent study titled The Rise of Digital Influence, author Brian Solis questions the accuracy of Klout and similar measurement tools that rank users' online social capital. Solis suggests that in reality these arbitrary numbers aren't a reflection of an individual's true influence or capacity to influence, but of their online visibility.

As social media becomes less about socializing and more about shameless self-promotion, companies like Klout certainly aren't going anywhere. And while I'm sure there is some real value in analyzing online engagement, this quantification of influence has also created an army of self-important tweeters obsessing over their personal brand.

A shop in Tahrir Square is spray painted with the word "Facebook" after the government shut off Internet access in this Feb. 4, 2011, file photo. Klout.com allows users to measure their social influence, but the accuracy is up for debate. PETER MACDIARMID/GETTY IMAGES

Weather — a 'guilty pleasure'

Visitors stand under cherry trees in blossom by the Tidal Basin March 19 in Washington. It's been so warm in the United States this year, especially in March, that national records weren't just broken, they were deep-fried. ALEX WONG/GETTY IMAGES

Not your average March

High temperatures alarm experts

Temperatures in the lower 48 states were above normal for March, according to calculations by the National Oceanic and Atmospheric Administration in the U.S. That far exceeds the old records.

The magnitude of how unusual the year has been in the U.S. has alarmed some meteorologists who have warned about global warming. One climate scientist said it's the weather equivalent of a baseball player on steroids, with old records obliterated.

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Global 'warning'?

"Everybody has this uneasy feeling. This is weird. This is not good.... It's a guilty pleasure. You're out enjoying this nice March weather, but you know it's not a good thing."

Jerry Meehl, climate scientist who specializes in extreme weather at the National Center for Atmospheric Research in Boulder, Colo.

The facts

- It's important to note that this unusual winter heat is mostly a North American phenomenon. Much of the rest of the Northern Hemisphere has been cold, said NOAA meteorologist Martin Hoerling.
- The atypical heat goes back even further. The U.S. winter of 2010-2011 was slightly cooler than normal and one of the snowiest in recent years, but after that things started heating up.
- The summer of 2011 was the second-warmest summer on record.

Record-breaking

1.4

The first quarter of 2012 broke the January-March record by 1.4 degrees. Usually records are broken by just one- or two-tenths of a degree. U.S. temperature records date to 1895.

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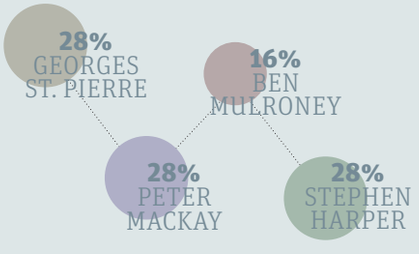

Twitter

@russless: If Kodak had created Instagram we would have all laughed at its attempt to be webby and hip.

@fleetfreesia: Don't let me down Raf #Dior

@solarscenery: Havoc disses Prodigy on twitter??? I'm not buying it. What y'all think?

@dacostaxx: What is the acquisition of instagram to FB going to do to non-FB users? Any privacy issues here? Location-targeted advertising? Hmmm

@bjibeas: My goodness is it ever windy. It feels like a boy band video up in here.

@blamchop: Sea of blue #HondaHomeOpener @BlueJays

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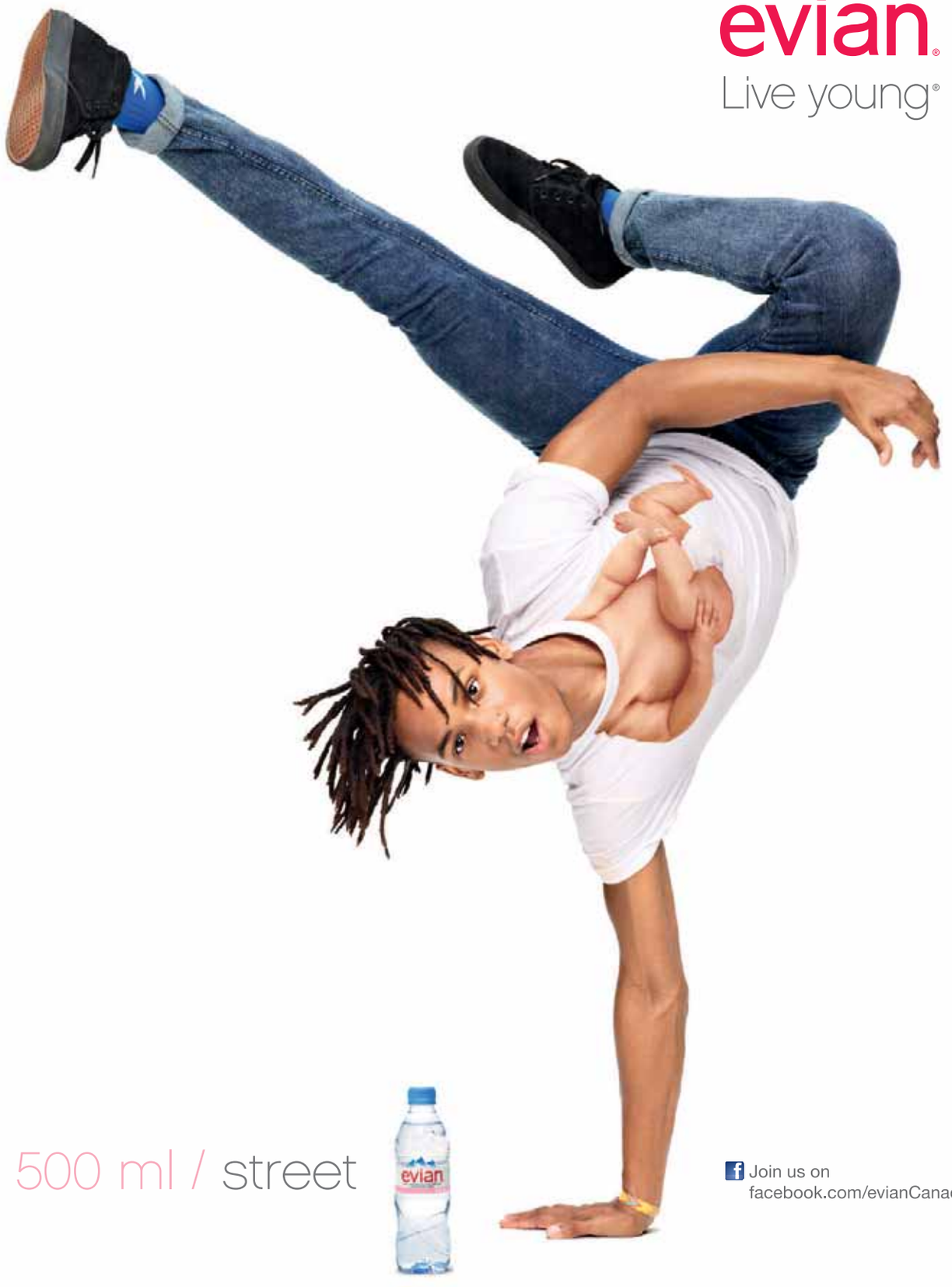

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DVD reviews

The Iron Lady

Director. Phyllida Lloyd

Stars. Meryl Streep, Jim Broadbent, Richard E. Grant

Phyllida Lloyd's biopic on Margaret Thatcher takes its title from the nickname of Britain's first female prime minister, who was hailed by some and cursed by others when she headed the government from 1979 to 1990.

The film's 2011 theatrical release gathered similar extremes of reactions. But nearly everyone agrees on one thing: Meryl Streep gives a towering performance in the title role. She was rewarded with a best-actress Oscar for a portrayal that takes Thatcher from shopkeeper's daughter to young bride, and from powerhouse in parliament to tottering, demented old widow. Lloyd, and writer Abi Morgan, use the controversial device of the ghost spouse. Thatcher's late husband, Denis, played by the reliable Jim Broadbent, appears frequently as Thatcher's spectral companion, offering advice and admonishments with loving devotion. It's a difficult trick to pull off, and its use here has not been universally applauded. But to me, it's a perfect evocation by two superlative actors of the almost supernatural bond that longtime couples achieve.

PETER HOWELL

Conor Maynard's vocals are impressing some big names in the music world. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Move over Bieber, here comes a Brit

New talent. British teen Conor Maynard is set to debut a single after being discovered on YouTube. Sound familiar?

Being called the new Justin Bieber has put British singer Conor Maynard on the music world's radar.

The 19-year-old from Brighton has gone from uploading videos of himself singing at home to working with Pharrell Williams on his debut album in Florida.

Maynard realized that by putting up covers of current tracks, people would stumble across his own versions. The results were impressive — NeYo offered to work with him after watching his version of Beautiful Monster and Chris Brown retweeted the video of his Yeah 3x. Maynard couldn't believe his luck.

Actually, he was so skeptical he insisted on a chat with NeYo, to make sure it was the real R'n'B deal, rather than his friends joking around.

"It was about midnight when I was on Skype to him, everyone in my house was asleep," Maynard told The Associated Press.

"So I was like, 'Hi, NeYo.' That kind of killed any starstruckness — I had to talk really quietly."

Record company interest followed and now Maynard is dropping his debut single, Can't Say No, on April 20 through Polydor.

The comparisons with Bieber aren't that far off the mark. Both got their break via YouTube, both were mentored by an established rhythm and blues star (Bieber's being Usher) and both, while inspired by American urban music, are foreigners.

"In terms of the music, it ends there," says Maynard.

"(I have) a very different sound. But it's obviously flattering to be compared to one of the biggest artists in the world right now when I haven't even released my first single yet."

His talent was discovered when he was overheard singing to himself on the way home from school in Brighton, a hip coastal town in southern England.

His friends kept asking him to perform, so he started putting videos online to keep them happy.

Soon after NeYo spotted him, record companies caught on and he signed with Polydor in the U.K. MTV has picked him as being one to watch for 2012 after he won their Brand New competition.

Thanks to Maynard's online following, Can't Say No has already clocked up over three million views in a month. He's also got 124,560 followers on Twitter — and the number is rising.

Can't Say No is reminiscent of Justin Timberlake's vocals, with a catchy "Houston, I think we got a problem" hook.

An album is set to follow this summer and it has already gone down well with his five-star friends. Maynard has played it for Pharrell, Ludacris, Tyler The Creator, Lil Wayne and NeYo, among others

"They've heard all the tracks I was doing and what I'm planning to do — they're really excited about it as well," he said.

THE ASSOCIATED PRESS

2

SCENE

Scene in brief

Stars to earn their stripes

A new TV competition series that tests celebrities against the demands of military exercises will be produced for NBC. Stars Earn Stripes is the working title of the show from veteran producers Dick Wolf (Law & Order) and Mark Burnett (Survivor, The Voice). Nine celebrities from music, sports and Hollywood will be paired with trainers at a "top-notch, secret training facility," the producers said. The contestants will face weekly challenges such as hostage-rescue exercises or placing a laser target atop a mountain. Burnett, who joined the British military at age 17 and served as a paratrooper, said celebrities and the audience will realize how "hard and scary" such tasks are. An air date for Stars Earn Stripes wasn't announced.

On the web

Loud and clear: Country star Keith Urban enjoys benefits of surgery, performs at Hall benefit

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Terence Davies lets his curmudgeon out

The Deep Blue Sea. Acclaimed director lets Metro readers know what's wrong with actors, film execs and entertainment these days

NED EHRBAR
Metro World News in Hollywood

The Deep Blue Sea, starring Tom Hiddleston and Rachel Weisz, opens this Friday. HANDOUT

Acclaimed British stage and screen director Terence Davies doesn't hold his tongue when it comes to his dislikes. Just in time for his return to cinemas with a brutally emotional adaptation of the Deep Blue Sea — starring Rachel Weisz and Tom Hiddleston — Davies gets us up to speed on just a few items he's particularly peeved about these days.

1. Young British actors

"I had to see a lot of people before I found Tom [Hiddleston] because young actors in England now are getting very, very sloppy. They don't want to read the lines that are written, and they want to read it with a South London accent. And you say, 'No, will you please read the lines that are written, and will you please do it in Received English? This is 1952, not 1992." They take no notice of you at all. You're just completely ignored."

2. Film executives

"There was a time for eight years when I didn't work at all and no one would give me any money at all to do anything. You go into these grizzly meetings. It really does erode your soul, speaking to people who are truly stupid. I mean, truly stupid. They're working in films and they know nothing about them. A typical conversation would be, 'It's similar to the structure of Mildred Pierce, the Michael Curtis film.' And I can tell when somebody doesn't know. I can tell, and I can't hold my tongue. I said, 'Have you seen it?' 'Uh, well, um...' I said, 'Look, you've not seen it. Why can't you say you've not seen it? Then we could have a decent conversation.' And then they [cross their arms], and they refuse to speak to you or even look at you. That kind of nonsense."

3. Contemporary entertainment

"It's like fast food — lots of cutting, lots of music, very loud, it appears to be action. But it's got no nutrition in it. You look at some of the great films that have been made and they are relatively slow. They're not quick-cut. But it's become a substitute for something that is interesting. And you get the same people, they've all been to the gym and they all look exactly the same. And they run around with things exploding all over the place. There's only one thing worse than an actor with a gun, and it's a British actor with a gun. It's just pathetic. We look silly."

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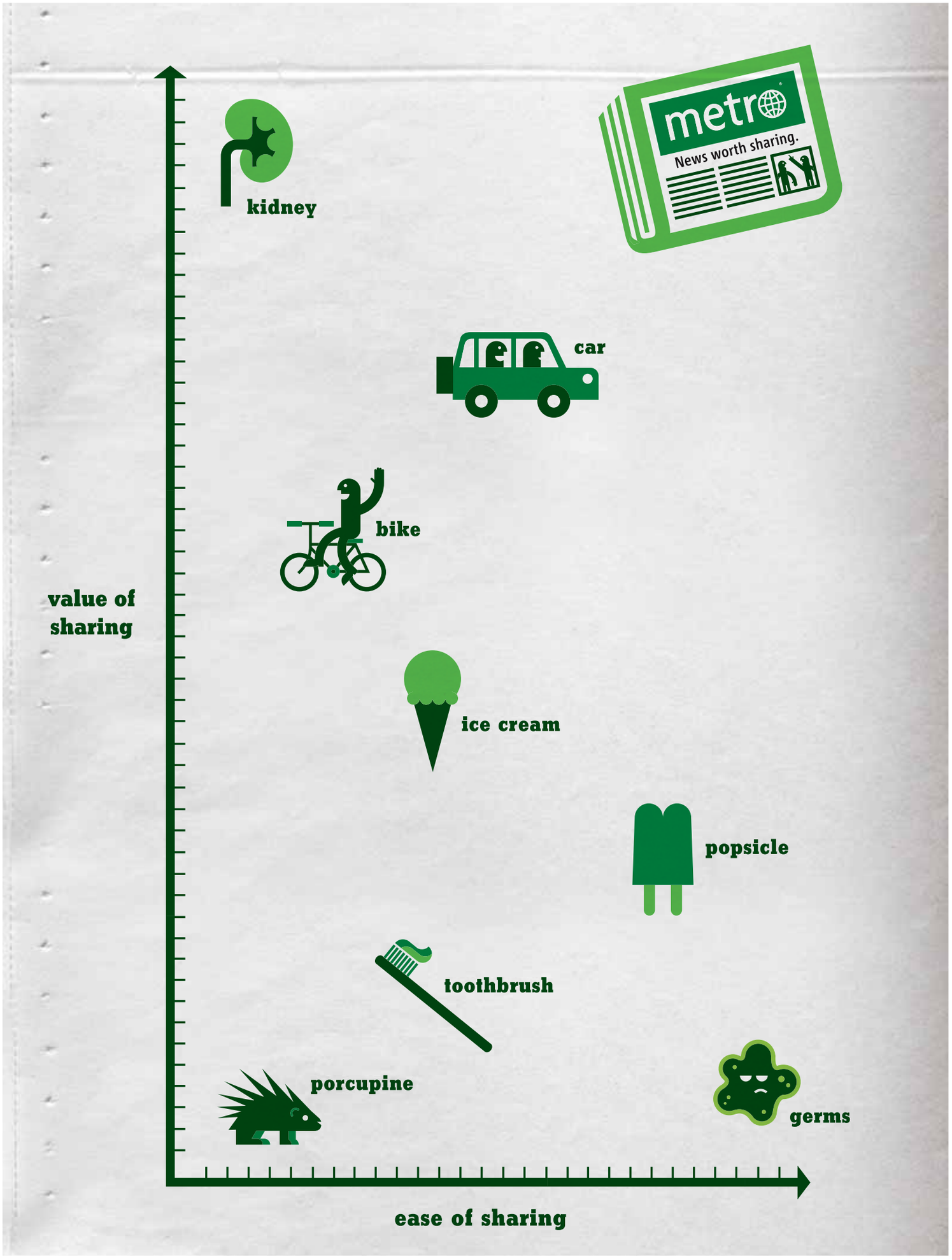
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Grimm stays true to its name: Actor

Gritty fantasy. Russell Hornsby on what it's like to bring Grimms' fairy tales to modern-day life

MEREDITH ENGEL
scene@metronews.ca

Considering his loves for both the grittiness of cop procedurals and the mysticism of fantasy film, the role of homicide detective Hank Griffin on NBC's fantastical Grimm seems to be tailor-made for Russell Hornsby.

"I'm a big fan of the Law & Order series, was a really, really big fan of Homicide: Life on the Street — that's always been just a joy of mine. But also at the same time I do like fantasy. My favourite movie of all time is The Wizard of Oz — just that whole notion there's somewhere else, and if you can imagine it, it can happen," the actor tells Metro.

Hornsby, who spoke with us from Portland, Ore., where Grimm films ("It's a wonderful respite from Los Angeles," he says), is in the midst of a love arc on the show.

"Hank has sort of been put under a love spell. That's about all I can divulge at this point," he says. "We have met this girl, she is a familiar face, and of course there's all these other machinations that root and ulterior motives, so it makes for a very Grimm-sical moment."

That's Grimm-sical, not whimsical, because the show has an ominous subtext. The Brothers Grimms' fairy tales "served as warnings, as cautionary tales," Hornsby tells us, which adds a darker edge he says isn't found on that other prime time fairy-tale drama, ABC's Once Upon a Time.

"I think the only thing that we have in common is that we're using Grimms' fairy tales," he says. "Other than that, I don't think that we're all that similar. Once Upon a Time is done very much in a Disney fashion, and I think that what we're doing with Grimm is really telling the stories the way they were originally intended."

It isn't child's play.

The Oxford-educated Hornsby has some deep thoughts about one fairy tale in particular. "I always found Rumpelstiltskin to be very intriguing," he says. "And I think it has a lot of parallels with what's going on today, how men feel that they have the right to control women, whether it be mentally or physically. I think that's an interesting observation as to an underlying theme of the story: [It's] about control.

I'm from a time when we romanticized the whole notion of pimps and prostitutes, and when you're young you think that that idea is cool.

As you grow older, you see how wrong it is, and so when you talk about the Grimms' fairy tales being cautionary tales, now we realize they're not cautionary tales for just children — they're cautionary tales for us all."

Russell Hornsby plays Hank Griffin on Grimm. The show airs Friday nights on CTV. HANDOUT

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Katy Perry is 'tired' of her fabricated fame. Zzzzz.

THE WORD
Dorothy Robinson
scene@metronews.ca

Oh boo-hoo: Katy Perry, one of the most manufactured pop stars of the past decade, is fed up with fame, according to Teen Vogue.

"I'm tired of being famous already! But I'm not tired of creating. Fame is, I think, just a disgusting by-product of what I do," Perry tells the magazine.

"It's a delicate creature — a wild animal of sorts. It can love you, and then it can attack you. But really, I stopped focusing on what other people think a while ago."

Oh, so you wearing an ice cream bra, marrying a super-famous actor and then divorcing him, riding Teenage Dream into the ground until it yielded as many No. 1 singles as Thriller and then releasing yet another version of the album (The Complete Confection) are all ploys to keep you under the radar? Yes, that totally makes sense.

Being famous and then complaining about being famous is so tiring. You can give it all up and live in a yurt, you know.

It's not that hard to not be a celebrity anymore. Just look at Tiffany.

Twitter

@JessicaSimpson
Last chance to see me "fat" aka PREGNANT on the cover of Elle :) I loved this shoot, only on stands for a few more days!!!

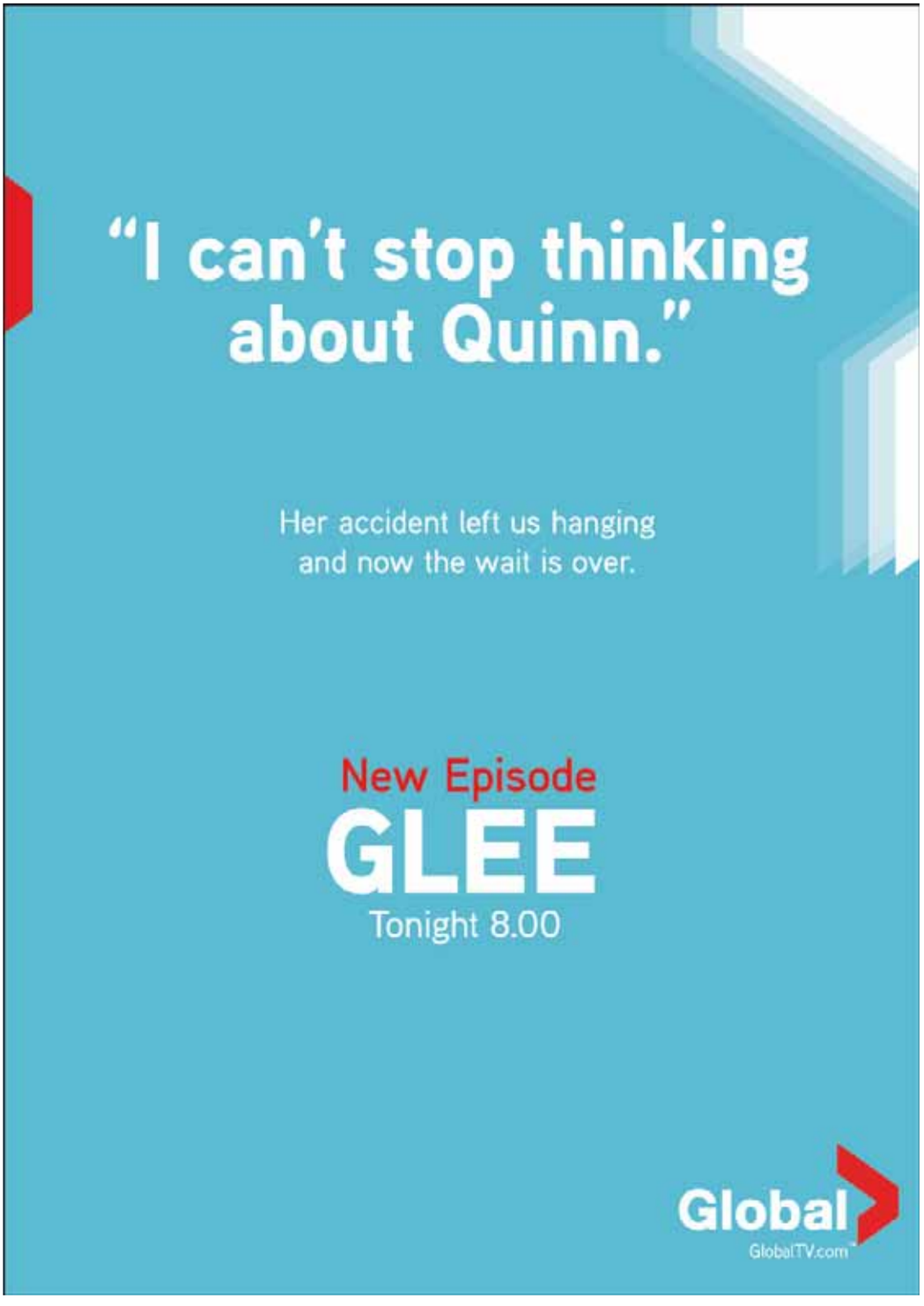
@LeslieJMann
Just cut my lip trying to bite off the corkscrew to my wine bottle. Im alone too.

@ConanOBrien
Just saw a lame white guy lip-synching a Jay-Z song as I drove past the mirror store.

Bad boy Jesse James has been beat up enough

Jesse James

As far as Jesse James is concerned, it's about time everyone forgave him for cheating on Sandra Bullock. "I don't know anybody anywhere that's had to endure what I had to endure for basically infidelity," the reality TV star tells Yahoo's omg! blog. "I stood up like a man and admitted my wrongs and what I did and all that did is make every s— tabloid everywhere across the world come after me even harder."



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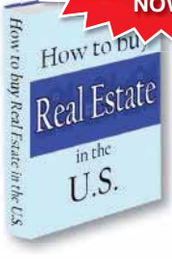

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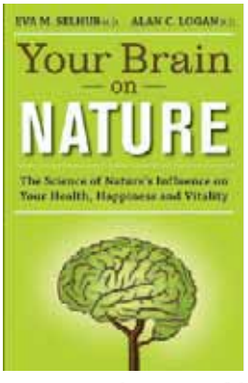
Studies show what we already know: getting outside is good for you. ISTOCK PHOTOS

Take a fresh breath of nature and inhale the health benefits

New book. Your Brain on Nature shows the powerful influence being out in the woods has on your thinking

CELIA MILNE
life@metronews.ca


EVA M. SELHUB, M.D. ALAN C. LOGAN, N.D.
Your Brain on NATURE
The Science of Nature's Influence on Your Health, Happiness and Vitality

Get high on nature. Walking through a forest feels better than sitting at a desk.

Duh. That's a no-brainer.

But now experts around the world are gathering hard, scientific evidence for what we all know innately: exposure to nature has a powerful influence on the brain.

"There isn't a single study that proves beyond question that nature is good for the brain, but rather it is the combination of all the studies," says Dr. Alan Logan, co-author of a new book called Your Brain on Nature.

His message?

"Take nature breaks and power down the smartphone." Logan is a graduate of the Canadian College of Naturopathic Medicine and now lives in Connecticut.

His co-author is Dr. Eva Selhub, a Harvard Medical School physician.

Japanese studies were among the first to show that immersing oneself in green space, or "forest bathing," has a positive effect on stress and immunity.

Emerging studies show time spent in forests or urban parks also leads to enhanced cognitive focus and positive mental outlook, says Logan.

Why? It is partly related to chemicals released from trees called phytoncides, which have been linked to improved immunity, and partly because of invisible negative ions found near water and forests; they have been linked to brighter mental outlook.

Logan and Selhub are speaking at the Green Living Show, Direct Energy Centre in Toronto, Saturday April 14 at 2 p.m., on the main stage.

Nature nerds

Can't get outside?

- **Decorating.** Bring the outdoors in. When decorating your home, use natural wood, but not too much of it. Studies show the ideal amount is 30 per cent to 40 per cent of the surface area. Potted plants are great; the ideal number in an office is four.

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3 LIFE

Health minute

Obesity could be worse than feared

Everybody's least favourite number, BMI (body mass index), may be totally off in calculating fat, according to a new study. However, before you get too excited, the potential inaccuracy actually underestimates body fat. According to a report in the Public Library of Science's PLoS One journal, BMI calculations, which are based on height and weight, were compared to X-ray absorptiometry — or DXA — scans, which calculates obesity based on fat-composition standard. Turns out, BMI calculations often classify people as "underweight" when the DXA scans would consider them obese, nearly four out of 10 times. The findings of this study, of course, imply that North America's already atrocious obesity rate is actually much worse than we know. Additionally, this means some may be unaware that they are obese (which is hard to imagine) and therefore not taking proper steps in health care.

METRO WORLD NEWS

On the Web

U.S. agency warns of cancer drug counterfeit

Thoughts on...

Being present in our daily lives

To be in the present moment requires awareness.

When we are practicing awareness or being fully present, our minds do not wander.

We are focused on what is going on right now, rather than thinking about what just happened or worrying about what is going to happen next.

Being present lets us experience each moment in our lives in a way that cannot be fully lived through memory or fantasy.

Stay present

"Being present lets us experience each moment in our lives."

As you move through your day, remember to stay present in each moment. In doing so, you will live your life without having to wait for the future or yearn for the past.

The more you practice awareness or being in the moment, the more life becomes flexible, creative, attentive and spontaneous.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

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How to beat your allergies this season

You don't have to suffer this year.
There are plenty of options out there for those who fight with seasonal allergies

MEREDITH ENGEL
Metro World News

There are options if you suffer from allergies. ISTOCK PHOTOS

When you have allergies, you know how tough it can be to make it through a spring day — let alone a spring hour.

"Your body's natural defenses are overreacting to substances that are usually not harmful," says Dr. Carol G. Baum, an allergist at New York City's ENT and Allergy Associates, about how allergic reactions start. And lately, as you've probably heard, the conditions for these springtime vexations are only getting worse.

"Every year we hear that this is the worst allergy season ever, but I think there is an understanding that with climate change our winters are warmer — and certainly that was the case this year," Baum says.

"Because of that, the allergy seasons tend to start a little earlier and last a little longer, and also the pollen levels tend to be a little higher."

Thankfully, you can find comfort amidst the budding trees with these options to help make you breathe a little easier.

Option A: Avoidance
Simply put, learn your triggers and get out of their way. "If someone is allergic to pollen, I try to encourage them to run air-conditioning," Baum says. "If they're in the car, have the windows closed, run the air-conditioning. I always try to encourage people not to get a home close to a highway where there's a lot of pollutants. I try to encourage pets to be out of the home and certainly out of the bedroom — you spend a third of your life sleeping in a bedroom, [and] dander can get into the bedding."

Option B: Medication
"There's a lot of medications available," Baum says. "They include oral antihistamines as well as topical antihistamines or steroids that may be applied as sprays to the nose or as drops to the eyes." The good news is you can find a combination that works best for you.

Option C: Allergy shots
Allergen immunotherapy, or allergy shots, exposes your body to allergens in small doses. "You give minute amounts of the allergen very gradually, on a weekly basis, usually over a period of about six months," Baum says.

"Then they get monthly injections for a period that can run usually between three and five years."

Give it a try

One more option for those who suffer:

- **Neti pots.** Don't fear these little contraptions. Dr. Travis Stork, an emergency doc and host of The Doctors, assures us that their healing capabilities are legit. "Your sinuses are interconnected. The saline water is going through your sinuses and washing them up. It's mechanically washing away all the congestion during spring allergy season ... It's very refreshing."

DO YOU HAVE OVERACTIVE BLADDER?

Overactive bladder is a common condition affecting both men and women. Overactive bladder is caused when the bladder muscle contracts involuntarily, causing the patient to urgently have to urinate.

Dr. Stanley Flax is conducting a research study of an investigational oral medication for overactive bladder.

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Dr. Stanley Flax | 416-499-1306

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Best Health

Why we should eat whole grains

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, our Eat Well section includes easy and delicious recipes, and also shows you the latest and most credible research into the science of foods. In our March/April issue, on newsstands now, we outline the benefits of getting whole grains, which are a great source of fibre and protein. Adults are supposed to get six to seven servings of grains a day. Here's why:

Fight "bad" cholesterol.
Years of research shows that oats can lower the body's 'bad' cholesterol without an adverse effect on 'good' cholesterol.

Blast belly fat.
A study published in 2011 in the journal Obesity linked eating more soluble fibre to reduced visceral fat. This fat is found deep in the belly surrounding vital organs; higher amounts are associated with high blood pressure, diabetes and fatty liver disease. For every 10-gram increase in soluble fibre that study participants consumed per day, visceral fat was reduced by almost four per cent.

Prevent gallstones.
A study published in the American Journal of Gastroenterology found that women eating the most foods high in insoluble fibre had a 17 per cent lower risk of gallstones compared to those eating the least.

Control blood sugar.
According to research done at Lund University in Sweden, eating the right grains for breakfast — such as whole-grain barely, either boiled or in bread — helped to moderate increases in blood sugar for up to 10 hours. This is beneficial because large fluctuations in blood sugar levels are linked to an increased risk of type 2 diabetes, obesity and cardiovascular diseases.

Fights free radicals.
Spelt — an ancient grain related to wheat — is a rich source of manganese. It works with an enzyme that helps fight free radicals in the body that may play a role in aging, heart disease and cancer, preventing some of the damage the free radicals cause. A half-cup serving of cooked spelt provides 60 per cent of your daily needs.

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Raven's Tuna Niçoise Salad ($18) STEPHANIE DICKISON

A restaurant you'll want to camp out at every single day

LUNCH RUSH
Stephanie Dickison
life@metronews.ca

Camp Restaurant is beyond amazing. Here's why:

1. Located in a residential area, the place is filled with neighbourhood folk. What a way to get to know your neighbours!

2. This former house has been converted into a restaurant and outfitted in the most charming vintage finds — which is part of why you'll feel at home right away.

3. Breakfast Panini with Steamed Eggs ($6.25) uses eggs that are steamed via Camp Restaurant's espresso machine — one spout's reserved for coffee and one for eggs.

The result is weightless eggs that remain hot. Served with ham, cheddar, sun-dried tomatoes and mayo, it's the best breakfast sandwich in the city.

4. Tracing paper-thin red onion, plump capers, tangy olives and a dressing you want to get lost in, Raven's Tuna Niçoise Salad ($8) is exquisite. More than 10 years ago, I experienced the best niçoise in Montreal. This beats it by a mile.

Visiting the restaurant

Camp Restaurant

Address. 244 Jane St. (north of Bloor St. W.)

Phone. 647-346-2267

Rating. 5/5

Reservations. No

Licensed. Yes

Client negotiations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Time in. 1:06 p.m.

Time out. 2:10 pm.

Lemon Rice Pudding. A creamy, decadent and quick weeknight dessert

1. In heavy saucepan, bring rice, milk and maple syrup to simmer over medium heat, stirring often. Reduce heat to low, cover and simmer, stirring occasionally, 20 minutes. Stir in cranberries and half of rind; cover and simmer 10 minutes or until rice is soft and pudding is slightly thickened. Serve hot, warm or cold, stirring in more milk as necessary to thin. Sprinkle each serving with cinnamon and remaining rind. **DAIRY FARMERS OF CANADA/ THE CANADIAN PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)**

Ingredients

- 125 ml (1/2 cup) arborio (short grain Italian) rice
- 750 ml (3 cups) 2% milk
- 45 ml (3 tbsp) pure maple syrup
- 50 ml (1/4 cup) dried cranberries, cherries or blueberries
- 1 1/2 tsp (7 mL) grated lemon or orange rind
- Ground cinnamon

Funeral etiquette

CHARLES
THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Because my ex-husband is angry and uncivil, I have not been in communication with my ex-in-laws since our divorce. We were together for more than 20 years and have children. When there is a death or illness in that family, what protocol should I follow? It would seem strange for me to ignore it or not attend a funeral.
Please advise.

Hello. As you are experiencing, anger and lack of civility is unfortunately common after a difficult divorce, and now translating that into dealing with former family members for such things as death becomes really tough. Even worse, the stress and unease of death makes many people react in an irrational and difficult way.

So back to your question; what should you do when you wish to attend a funeral of a divorced partner? Remember going to a funeral generally has two objectives:

1. To assist you with your personal grieving process.

2. To assist the family and be supportive of them through their grieving process.

If it is a large public funeral, you should feel free to attend. However, if this is a small or private funeral I think it's best you speak with the next of kin (ideally the head of the family of the deceased or your former husband or in-laws etc.).

First express your condolences and ask if they would feel comfortable with you attending the funeral, since you knew and loved the deceased for more than 20 years.

If they say yes, then attend the funeral, but out of respect for your ex-husband and children, keep a low profile. You are there to pay respects to the person who has just died.

In the event that the family says no, then don't make a big deal about it. You can celebrate this person's life in several ways: have a church mass said in this person's name or make a small donation to a hospital or organization in the name of the deceased.

Finally no matter what the scenario is, write a note of condolence to each of the family members you are close with. This is the nicest and most gracious way to think of the living and the dead at the same time.

Divorces can sometimes make attending a funeral a difficult process. ISTOCK

Two Sisters. Friends with flirting benefits

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear sisters,
I've been friends with a smart, gorgeous girl for two years now. All our friends always said we'd make a good couple if we were both single. But because she had a long-term boyfriend and I'd been dating, we just exchanged dating stories and flirted a little, but it was "safe" because we were both taken. Now she's single and so am I, and she's sowing her wild oats and still uses me as a confidant. Am I doomed to be her BFF? Boy not friend.

Claire: Dear BNF,

Don't you wish life were like the movies, so that one of your mutual friends would get her drunk then shout "Can't you tell your true love is right in front of you?" after which she would show up at your house declaring her lust for you?

Basically you two have become friends with flirting benefits. The question is whether you can become more of a flirtation with friendship benefits. Turning it around takes guts and confidence on your part: you need to let her know you're into her without doing it so bluntly that you risk losing the friendship if she's not into being more than a friend.

Either way, you're in each other's lives.

Andrea: Dear BNF,

Ever hear of the Ladder Theory? Guys have one ladder for all women that they hopefully aren't related to: the higher up she is, the more he wants to sleep with her.

Girls, on the other hand, have two ladders: one is the "friend" ladder because unlike guys, we naively think we can have a platonic relationship with the opposite gender. The other is the standard dating ladder. Between them is the Pit of Doom.

Friends like you often try to jump ladders and fall into the pit, never to be seen again. So, if you can handle utter and total rejection, go for it.

If not, let her keep you on the top rung of friends.

Is it so bad to be around a gorgeous girl without all the messy emotions of a relationship?

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Burn calories - burn!

The Scandinavian company New Nordic has launched the new **Chili Burn™** tablet you need to lose your belly fat. Here are 4 compelling reasons to run to your pharmacy and pick up a box of Chili Burn tablets:

- IT BURNS FAT AND CALORIES
- CLINICALLY PROVEN INGREDIENTS
- IT PROMOTES A LEAN BODY
- STOMACH FRIENDLY COMPOSITION

Ruth burned away her belly-fat and fits into her wedding dress again!

Ruth feels great! She actually got back into her wedding dress of 37 years ago, after taking Chili Burn!

Ruth's story

"After having 5 children, I had a hard time burning that extra fat. As the years progressed, I never viewed myself as being overweight, but I always struggled with fat on my stomach. At 55, I found myself constantly dressing to disguise my belly, staying away from tight clothes and the like.

People noticed my new figure

I read about **Chili Burn** in a magazine and thought I'd give it a try. I purchased the supplement at my local pharmacy and started taking it in July 2011. Now, 6 months later I have lost my belly fat and people really notice it. They all want to know my secret, so I recommend **Chili Burn** to family, friends, and acquaintances and really encourage them to try it out. This product will suit anyone who would like to burn fat with natural ingredients and be side effect free. I highly recommend it."

Ruth Veldstra, Hagersville, Ontario

Don't be fooled by other products:

Look for the New Nordic silvertree logo. All fat burners are not alike and Chili Burn is the only one with this composition. It's imported from Scandinavia.

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5 easy steps to an extra $2,000 RRSP contribution

It's not rocket science. A few little tricks can help you maximize your RRSP contribution before next year's deadline

YOUR MONEY
Alison Griffiths
money@metronews.ca

You've finished your tax return and you're upset because the refund is less than you hoped. But you're also annoyed with yourself because you didn't maximize your RRSP contributions.

There's not much you can do for 2011 but you still have over 10 months to find an extra $2,000 to ease next year's tax burden. (The following advice is for those who have their debt load under control. If not do the same thing but divert the money to your debts.)

1. Devote some of your tax refund to your RRSP ($750)

Last year, according the Canadian Revenue Agency, the average refund was $1,506, most from payroll deductions. Take half of that and put it into your RRSP.

2. Increase your monthly RRSP contributions by $50 ($500 annually based on the 10 remaining contribution months)

If you haven't already enrolled in an automatic RRSP payroll deduction program, start one at $50 a month. If one is in place increase the deduction by $50.

3. Save your coins ($250)

This is an easy and painless way to build up excess cash. Put a container in the entranceway of your house and empty your pocket or purse each time you enter the house. Count it up monthly and take it to the bank. Try a little coin-saver dance with each deposit. People will think you are weird but remember, you're laughing all the way to the bank.

4. Windfalls ($225 annually)

Ask your parents, grandparents and siblings for cash gifts instead of those icky ties and dreadful drugstore bath sets. Explain why and most will be delighted to have that chore lifted from their shoulders.

5. Eliminate one non-necessity a week ($275)

Almost everyone spends money on something they like but don't need. For example, cut out one specialty coffee, restaurant lunch, takeout meal or magazine a week.

Make these five steps a habit and you'll be well on your way to cutting your taxes and beefing up your retirement savings.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

This little piggy can help you with step #3. ISTOCK IMAGES

Think long-term

Here's a cool 20-year plan:

- **$70,000.** Contributing an extra $2,000 annually will increase your retirement savings by nearly $70,000 in 20 years (assuming a five per cent average rate of return).

Alison's money rule

"Small monthly changes now add up to a bigger RRSP contribution."

Home selling tips

Sleepless in suburbia

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

After two years of deliberation, I listed my house for sale this week. Though I love my place, I have been dreaming of inner city living for years — walking to work, biking to the grocery store, spending less time driving and more time enjoying life.

Listing my property was the easy part. But, my nerves are keeping me up at night. Will my property sell? Can I afford a more expensive home? To reduce my anxiety, I've adopted frugal home-buying basics.

First, buying an affordable home starts with knowing what your budget can handle. I spent three hours last Monday running various budget scenarios addressing monthly mortgage payments, property taxes and more.

Using an online banking calculator, I determined the maximum home value I can afford within my desired budget.

I sat down with my mortgage broker on Wednesday to get a pre-approved mortgage. Surprisingly, I was approved for over one hundred thousand dollars more than what I thought I could afford. But, I'm going to stick with my original budget and avoid home poverty.

On Thursday I started researching mortgage rates for two reasons; first was to fine-tune my budget calculations and second was to prepare myself for an imminent interest rate negotiation when I'm ready to formalize a mortgage. Current mortgage rates are historically low, making payments more affordable.

Friday was the first day I looked at new properties and the day my existing home became available for showings to potential buyers. Though I didn't find my dream home, nor did my house sell, I found it valuable to see what's available in the market.

Because of my moderate tolerance for risk, it's become clear to me throughout this weekend that my personal preference is to sell my existing home before I make an offer on a new one. That way I won't end up financially strapped; carrying two homes accidentally.

Getting organized and being frugal is calming my nerves and restoring my sleep.

Frugal home buying basics can help you avoid home poverty. ISTOCK IMAGES

From teacher to tablet: Gadgets find their place in the classroom

My iPad ate my homework.
The Bring your own Gadget movement is gaining speed in Ontario schools

Ontario's elementary school curriculum spells out that all Grade 3 students must learn about the similarities and differences between urban and rural communities, although it leaves it up to teachers to figure out the best way to impart that knowledge.

As unconventional as it might sound, some kids are getting a lesson by playing SimCity on an iPad. On a recent day at the HTS independent school in Richmond Hill, Ont., a small class of Grade 3 students continued their social studies learning by tapping and swiping at iPads, building a city from the ground up.

Some of the eight- and nine-year-old kids were quietly engrossed at the task at hand, intently micromanaging their city as it grew and problems emerged, while others excitedly showed off their creations to nearby classmates.

"I just lost 1,000 people, why did they move away?"

"What's a seaport? Oh, there's a hot tub!"

"They want a landfill, they're going to get a landfill."

"I had an earthquake!"

Race for relevancy

"School boards have really struggled with how to keep up in terms of technology, it's impossible financially to afford the level of computers that we need for students"

Brian Woodland, Director of Communications for the Peel District School Board

"What's a residential tax?"

Over the course of the year, the school has been experimenting with ways to integrate the iPad into classrooms and use it as a learning tool. By September, teachers will be fully prepped on how to teach the whole curriculum with the help of tablets and computers.

HTS isn't the first school to OK the use of tablets in class and plenty more will be on board in time for the next school year.

The Peel District School Board in Ontario, with 234 schools and almost 153,000 students, is encouraging students to BYOD — bring your own device, including smartphones, tablets and laptops — starting in September.

"School boards have really struggled with how to keep up in terms of technology, it's impossible financially to afford the level of computers that we need for students," said the school board's director of communications Brian Woodland.

"The Ontario government has now permanently reduced our funding for technology.... We heard from the system that we have to do things differently."

Funding the future

Internet investment

The Peel District School Board is investing $7 million from its reserve fund to implement wireless Internet access at all its schools and help supply equipment for students who don't have it.

Kids are already bringing computers, phones and tablets to class, noted Brian Woodland, so it won't be a radically different experience for teachers or students come September. People are always asking how kids will stay focused with a bevy of distractions in front of them but teachers are already used to dealing with that challenge, he added.

While education activists have expressed concern that many students can't afford pricey new gadgets, Woodland said that bringing a device would by no means be mandatory. THE CANADIAN PRESS

Will kids be able to stay focused with a bevy of distractions in front of them? Peel District School Board Director of Communications Brian Woodland says teachers are already used to dealing with that challenge. ISTOCK

Workplace Law

Beware of the 'dabbler'

WORKPLACE LAW
Daniel Lublin
dan@toronto-employmentlawyer.com
Twitter: @danlublin

One individual's story, related below, should make people pause before hiring their next lawyer.

Recently, a gentleman came to me seeking a second opinion following a dispute with his original lawyer. The client had found this lawyer online and was attracted to him because he professed experience in "labour law". Without a proper meeting or as much as a conversation, this lawyer agreed to take on his case.

This should have been the first red flag. It is virtually impossible for a lawyer to properly explain the strengths and weaknesses of a case without even first discussing it with the client.

The client gave this lawyer a hefty fee to start the case — which he did, but not without error. There were a number of legal issues that had been argued incorrectly or without regard to the current state of the law. This had the effect of prejudicing the client's case right from the start, which was not lost on his ex-employer and its lawyer, who shrewdly brought a preliminary motion to dismiss the matter, arguing the case could never succeed.

What's worse is that when the lawyer was served with the court files seeking to dismiss his client's case he suddenly turned on his client, arguing that the client had not disclosed necessary information to him when they first spoke that would allow him to properly argue his case.

When the client voiced his disagreement, the lawyer fired him, arguing there was "breakdown of trust".

It is apparent to me what happened here. The lawyer had very limited experience in workplace law, despite professing otherwise on his website and to the client. Therefore, when the case hit a bump (caused by the lawyer's own error), he was unsure how to respond and he turned on his client so that he would have a reason to withdraw.

This situation could have been avoided had the client properly selected his lawyer from the outset. What should he have done? Always enquire what percentage of a lawyer's time is spent practicing in the area he or she is needed for — so that you do not pay for their education.

DANIEL A. LUBLIN IS A WORKPLACE LAWYER WITH WHITTEN & LUBLIN.

EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?

Paying attention to those feelings is part of dealing with your mental health. The more you look after it, the healthier your life will be. Sadly, some people live with those feelings every day. Even worse, they must live with the stigma and lack of support that goes with it. Mental health in Canada must change. It will take all of us to make it happen. Show that it matters to you, your family and your country.

TAKE THE PLEDGE AT NOTMYSELFTODAY.CA

Lundbeck Scotiabank partnersformentalhealth

Take a moment to clear your mind of the daily grind. ISTOCK

Downward dog at your desk? Say yes to yoga

Namaste needed. looking for some relief at your nine-to-five? Give your body and soul a little breather

JULIA WEST
Metro World News in Philadelphia

Is your stress ball worn through?

If tension at work is leading to tension in your muscles, it can affect your mood and performance. For quick relief and a little desk-side Zen, take some cues from yoga.

Breathe

Angie Norris, co-founder of Philadelphia yoga hot spot Studio 34, reminds us to breathe — and breathe slowly.

"Slowing and deepening the breath stimulates the parasympathetic nervous system, slows the heart rate, lowers blood pressure and increases the flow of oxygen," she explains. "This translates into reduced stress, increased relaxation and increased energy."

Stretch

To ease tension, stress and negative mid-afternoon thoughts, stretch it out. Nancy Byrd Radding, fitness director of The Oaks at Ojai spa in California, recommends this sequence: "Stand up. Breathe. Lift your arms up in Tall Mountain pose.

Do a side stretch next — one hand on the hip, the other arm over the head — creating a crescent shape with the body.

Stretch the eyes by looking slowly side to side, up and down, diagonally, and roll the eyes in circles. Stretch the neck by releasing each ear to its shoulder, then turn the neck side to side, up and down."

Twist

Taylor Wells, president of Prana Power Yoga, praises the benefits of a simple, yet effective, spinal twist. You don't even need to get out of your seat for this one.

"From seated, bring both feet flat on the floor," she instructs.

"Place your hands on your arm rests and gently twist your torso to the right. Hold for five breaths and then take it back to center and to the other side."

Balancing act

Have you been feeling a little wobbly at work?

- To restore balance, Radding suggests this move:

"Stand on one foot whenever possible – during phone calls, in front of the copier. Simply tuck one foot around the opposite ankle and balance."

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4 SPORTS

Blue Jays home opener ends in familiar fashion

MLB. Red Sox storm back for 4-2 win as new closer Santos blows another save for Toronto

Monday's game

Red Sox	Blue Jays
4	2

In the space of nine innings, the Blue Jays' biggest question mark has gone from centre-fielder Colby Rasmus and his missing-in-action offensive production to closer Sergio Santos and his lack of fastball command, blowing his second save of the young season.

While Rasmus excited the crowd in the third inning with a spectacular diving catch, followed by a triple and the game's first run on an elusive slide, Santos entered in the ninth with a chance to record his first save in blue. The result was a different spelling of blew. Troubling.

In Cleveland on Saturday, with a one-run lead in the ninth, Santos allowed a game-tying home run on a high fastball to Asdrubal Cabrera. On Monday, it was another second baseman, Dustin Pedroia and the same errant pitch that was tomahawked, a high offering drilled to left field for a double. The former AL MVP moved to third on a wild pitch and scored on a sacrifice fly by Adrian Gonzalez to tie the game.

Santos and the Sox were not done. With two outs, the 28-year-old walked David Ortiz and Cody Ross, before allowing a run-scoring single to right by Ryan Sweeney scoring pinch-runner Darnell McDonald. Ross scored on a second wild pitch. After another walk to Jarrod Saltalamacchia, Santos was lifted in favour of Luis Perez.

The formula had been working. Jays starters keep holding the team in ball games, giving them an opportunity to score enough runs to win the game, while the bullpen must always try to keep shutting opponents down. It's been the 2012 John Farrell formula for success. On Monday it was Henderson Alvarez for six innings and the bullpen for three. The plan worked well until Santos was handed the ball. There has to be concern in the Jays' front office.

The first two relievers, Darren Oliver and Francisco Cordero did their jobs. The Jays' bullpen in four games has allowed five runs in 21 innings with two blown saves and four runs by Santos.

Every aspect of the Blue Jays' Rogers Centre opener versus the Red Sox on Monday was weighted in the home team's favour. The Jays' five days and three games in Cleveland was like extended spring training, while the Sox were being battered by the Tigers in Motown. The Sox bullpen was a mess.

The Jays had run up a club-record win total at spring training and have been talking a brave game both inside the clubhouse and out on the field. But this is the AL East. No matter how wounded, desperate and vulnerable Boston appeared after being swept by the Tigers, these are, after all, still the Red Sox.

TORSTAR NEWS SERVICE

Blue Jays reliever Sergio Santos reacts to a called ball Monday at Rogers Centre.
BRAD WHITE/GETTY IMAGES

New Orleans Saints

Goodell upholds bounty penalties

Sean Payton now knows for certain he won't be coaching in 2012. And the New Orleans Saints must figure out whether Bill Parcells or someone else is best suited to take over their team. NFL commissioner Roger Goodell on Monday rejected the Saints' appeals of their unprecedented punishment stemming from the NFL's investigation of the club's bounty system. The program offered cash bonuses for big hits that knocked opponents out of games or hurt them enough that they had to be helped to the sideline. Payton's suspension begins Monday and runs through the Super Bowl in New Orleans. Goodell upheld bans of eight games for GM Mickey Loomis and six games for assistant coach Joe Vitt, along with a $500,000 US fine and the loss of second-round draft picks for two years.

THE ASSOCIATED PRESS

Raps fall in Indy with Bargnani sidelined

It began as a breakout season, with a new-found dedication to defence and an ever-emerging offensive repertoire.

It looked like Andrea Bargnani had finally figured it out and the Raptors were better off for it.

But it's all gone awry thanks to a nagging calf injury that could very well mean fans have seen the last of the seven-foot Roman for this regular season.

Bargnani sat out Toronto's 103-98 loss to the Pacers in Indiana on Monday night, bothered again by the bad left calf that's robbed him of 27 regular season games so far, and it might be that he is shut down for the final eight games of the year.

"I'm sure there's always that possibility," coach Dwane Casey said before the Raptors fell to 20-38 on the season and were mercifully mathematically eliminated from the Eastern Conference playoffs. "You don't want to take (a chance to) tear it or make it worse. That's up to the medical people and Andrea to make that determination."

The determination will be made after Bargnani sees the team's full medical staff in Toronto on Tuesday. But with the season all but over and nothing much to play for, it wouldn't surprise anyone if he sat out the final eight games, which would mean a strained calf would have kept him out of more than half a truncated 66-game year.

Too bad, because not only was Bargnani playing the most efficient basketball of his career before he was first injured in January, he was rounding back into form in the last week.

It leaves Casey to wonder 'what if' since he's seldom had his complete roster to work with all season.

TORSTAR NEWS SERVICE

Monday's game

Danny Granger and George Hill scored 18 points each as the Indiana Pacers took an early lead and held off the Toronto Raptors 103-98 Monday night.

- Linas Kleiza scored 18 points — all in the fourth quarter — as the Raptors tried to rally from a 15-point deficit at the start of the period. David Anderson had 17 points and Amir Johnson 16 for Toronto. Ed Davis added 11 points and 10 rebounds and Jose Calderon had 14 assists.

THE ASSOCIATED PRESS

Raptors guard DeMar DeRozan shoots over Pacers forward David West in Indianapolis on Monday.
MICHAEL CONROY/THE ASSOCIATED PRESS

On the web

Hockey Canada has hand-picked a talent-packed club full of NHL stars for next month's IIHF World Hockey Championship, but a certain 60-goal scorer has yet to confirm. Scan the code for the story.

NHL scouting has Yakupov as top pick

Draft. Russian forward sits atop rankings ahead of lottery

Sarnia Sting forward Nail Yakupov was listed as the top North American-based skater in the draft final rankings released by NHL central scouting Monday.

The 18-year-old from Nizhnekamsk, Russia, recorded 31 goals and 69 points in 42 games for the Ontario Hockey League's Sting during an injury-shortened 2011-12 season. Last season, he finished tied for fourth in the OHL with 101 points.

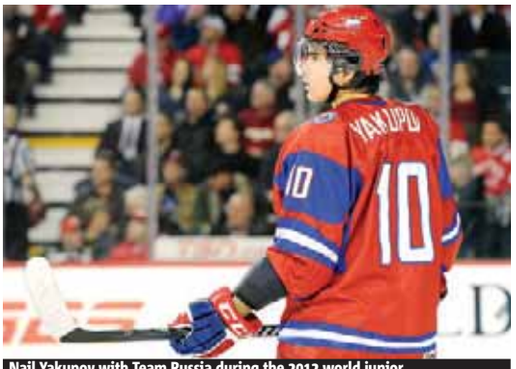
If Yakupov is picked first overall at the June 22 draft in Pittsburgh he would be the fifth OHL player selected No. 1 overall in the last six drafts.

The top European-based skater is Swedish forward Filip Forsberg, who plays for Leksand in his country's domestic league.

The six-foot-two centre had eight goals and 17 points in 43 games between Leksand and its junior team last season. He won gold for Sweden at this year's world junior championships.

The draft lottery, a weighted system to determine the order of selection for the first 14 picks, will take place Tuesday night.

THE CANADIAN PRESS

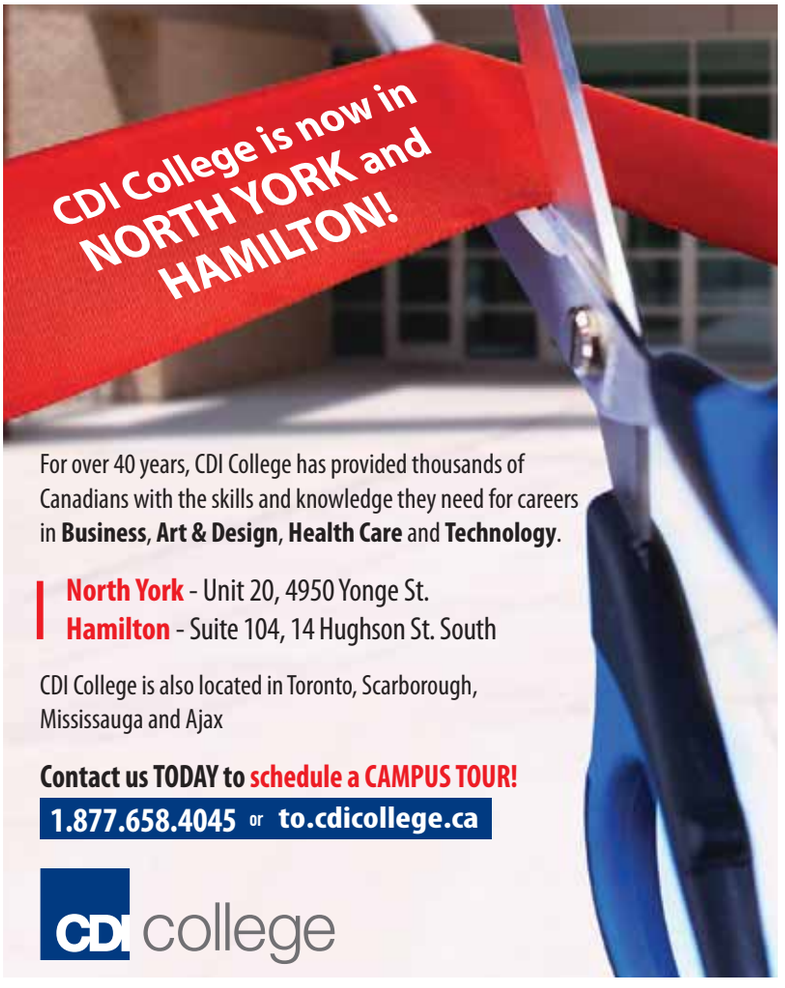


Nail Yakupov with Team Russia during the 2012 world junior hockey championship in Calgary. RICHARD WOLOWICZ/GETTY IMAGES FILE

Lottery bound?

Other players expected to be drafted in the top five:

- Defenceman Ryan Murray of the WHL's Everett Silvertips, Russian centre Mikhail Grigorenko of the QMJHL's Quebec Remparts, defenceman Morgan Rielly of the WHL's Moose Jaw Warriors and Alex Galchenyuk of the Sting.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FIRST ROUND

CONFERENCE QUARTER-FINALS
(Best-of-7) — All Times Eastern

EASTERN CONFERENCE

N.Y. RANGERS (1) VS. OTTAWA (8)
Thursday's game
Ottawa at N.Y. Rangers, 7 p.m.
Saturday's game
Ottawa at N.Y. Rangers, 7 p.m.
Monday, April 16
N.Y. Rangers at Ottawa, 7:30 p.m.
Wednesday, April 18
N.Y. Rangers at Ottawa, 7:30 p.m.
Saturday, April 21
x-Ottawa at NY Rangers, 7 p.m.
Monday, April 23
x-N.Y. Rangers at Ottawa, TBD
Thursday, April 26
x-Ottawa at N.Y. Rangers, TBD
Boston (2) vs. Washington (7)
Thursday's game
Washington at Boston, 7:30 p.m.
Saturday, April 14
Washington at Boston, 3 p.m.
Monday, April 16
Boston at Washington, 7:30 p.m.
Thursday, April 19
Boston at Washington, 7:30 p.m.
Saturday, April 21
x-Washington at Boston, 3 p.m.
Sunday, April 22
x-Boston at Washington, TBD
Wednesday, April 25
x-Washington at Boston, TBD
FLORIDA (3) VS. NEW JERSEY (6)
Friday's game
New Jersey at Florida, 7 p.m.
Sunday's game
New Jersey at Florida, 7:30 p.m.
Tuesday, April 17
Florida at New Jersey, 7 p.m.
Thursday, April 19
Florida at New Jersey, 7 p.m.
Saturday, April 21
x-New Jersey at Florida, 6:30 p.m.
Tuesday, April 24
x-Florida at New Jersey, TBD
Thursday, April 26
x-New Jersey at Florida, TBD
PITTSBURGH (4) VS. PHILADELPHIA (5)
Tomorrow's game
Philadelphia at Pittsburgh, 7:30 p.m.
Friday's game
Philadelphia at Pittsburgh, 7:30 p.m.
Sunday's game
Pittsburgh at Philadelphia, 3 p.m.
Wednesday, April 18
Pittsburgh at Philadelphia, 7:30 p.m.
Friday, April 20
x-Philadelphia at Pittsburgh, 7:30 p.m.
Sunday, April 22
x-Pittsburgh at Philadelphia, TBD
Tuesday, April 24
x-Philadelphia at Pittsburgh, TBD

WESTERN CONFERENCE

VANCOUVER (1) VS. LOS ANGELES (8)
Tomorrow's game
Los Angeles at Vancouver, 10:30 p.m.
Friday's game
Los Angeles at Vancouver, 10 p.m.
Sunday's game
Vancouver at Los Angeles, 10:30 p.m.
Wednesday, April 18
Vancouver at Los Angeles, 10 p.m.
Sunday, April 22
x-Los Angeles at Vancouver, TBD
Tuesday, April 24
x-Vancouver at Los Angeles, TBD
Thursday, April 26
x-Los Angeles at Vancouver, TBD

ST. LOUIS (2) VS. SAN JOSE (7)
Thursday's game
San Jose at St. Louis, 7:30 p.m.
Saturday's game
San Jose at St. Louis, 7:30 p.m.
Monday, April 16
St. Louis at San Jose, 10 p.m.
Thursday, April 19
St. Louis at San Jose, 10:30 p.m.
Saturday, April 21
x-San Jose at St. Louis, 7:30 p.m.
Monday, April 23
x-St. Louis at San Jose, TBD
Wednesday, April 25
x-San Jose at St. Louis, TBD
PHOENIX (3) VS. CHICAGO (6)
Thursday's game
Chicago at Phoenix, 10 p.m.
Saturday's game
Chicago at Phoenix, 10 p.m.
Tuesday, April 17
Phoenix at Chicago, 9 p.m.
Thursday, April 19
Phoenix at Chicago, 8 p.m.
Saturday, April 21
x-Chicago at Phoenix, 10 p.m.
Monday, April 23
x-Phoenix at Chicago, TBD
Wednesday, April 25
x-Chicago at Phoenix, TBD
NASHVILLE (4) VS. DETROIT (5)
Tomorrow's game
Detroit at Nashville, 8 p.m.
Friday's game
Detroit at Nashville, 7:30 p.m.
Sunday's game
Nashville at Detroit, 12 p.m.
Tuesday, April 17
Nashville at Detroit, 7:30 p.m.
Friday, April 20
x-Detroit at Nashville, 8 p.m.
Sunday, April 22
x-Nashville at Detroit, TBD
Tuesday, April 24
x-Detroit at Nashville, TBD
x — played only if necessary.

NHL DRAFT LOTTERY ODDS

The odds of winning the first overall selection in the NHL's 2012 entry draft (lottery to be held tonight at 8 p.m. ET):
Columbus Blue Jackets: 25.0%
Edmonton Oilers: 18.8%
Montreal Canadiens: 14.2%
N.Y. Islanders: 10.7%
Toronto Maple Leafs: 8.1%
Anaheim Ducks: 6.2%
Minnesota Wild: 4.7%
Carolina Hurricanes: 3.6%
Winnipeg Jets: 2.7%
Tampa Bay Lightning: 2.1%
Washington Capitals (from Colorado): 1.5%
Buffalo Sabres: 1.1%
Dallas Stars: 0.8%
Calgary Flames: 0.5%

FINAL SCORING LEADERS

	G	A	PT
Malkin, Pgh	50	59	109
Stamkos, TB	60	37	97
Giroux, Pha	28	65	93
Spezza, Ott	34	50	84
Kovalchuk, NJ	37	46	83
Kessel, Tor	37	45	82
Neal, Pgh	40	41	81
Tavares, NYI	31	50	81
H.Sedin, Vcr	14	67	81
Elias, NJ	26	52	78
Karlsson, Ott	19	59	78
Hossa, Chi	29	48	77
Ra.Whitney, Phx	24	53	77
Thornton, SJ	18	59	77
Gaborik, NYR	41	35	76
Eberle, Edm	34	42	76
Kopitar, LA	25	51	76

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Tampa Bay	3	0	1.000	—
Baltimore	3	1	.750	½
Toronto	2	1	.667	1
New York	1	3	.250	2½
Boston	0	3	.000	3

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	3	0	1.000	—
Kansas City	2	1	.667	1
Chicago	2	2	.500	1½
Cleveland	1	3	.250	2½
Minnesota	0	4	.000	3½

WEST DIVISION

	W	L	Pct	GB
Seattle	3	1	.750	—
Texas	2	1	.667	½
Los Angeles	2	2	.500	1
Oakland	1	3	.250	2

Yesterday's results
Chicago White Sox 4 Cleveland 2
L.A. Angels 5 Minnesota 1
N.Y. Yankees 6 Baltimore 2
Boston at Toronto
Seattle at Texas
Kansas City at Oakland
Sunday's results
Cleveland 4 Toronto 3
Baltimore 3 Minnesota 1
Detroit 13 Boston 12 (11 innings)
Kansas City 7 L.A. Angels 3
Tampa Bay 3 N.Y. Yankees 0
Texas 5 Chicago White Sox 0
Today's games — All Times Eastern
Tampa Bay (Moore 0-0) at Detroit (Porcello 0-0), 1:05 p.m.
Chicago White Sox (Humber 0-0) at Cleveland (Gomez 0-0), 7:05 p.m.
N.Y. Yankees (Garcia 0-0) at Baltimore (Chen 0-0), 7:05 p.m.
Boston (Bard 0-0) at Toronto (Drabek 0-0), 7:07 p.m.
Seattle (Beavan 0-0) at Texas (Feliz 0-0), 8:05 p.m.
Kansas City (Duffy 0-0) at Oakland (Godfrey 0-0), 10:05 p.m.
Tomorrow's games
Chicago White Sox at Cleveland, 12:05 p.m.
Boston at Toronto, 12:37 p.m.
Tampa Bay at Detroit, 1:05 p.m.
Kansas City at Oakland, 3:35 p.m.
N.Y. Yankees at Baltimore, 7:05 p.m.
Seattle at Texas, 8:05 p.m.
L.A. Angels at Minnesota, 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	3	0	1.000	—
Washington	2	1	.667	1
Miami	2	3	.400	2
Philadelphia	1	3	.250	2½
Atlanta	0	3	.000	3

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	4	1	.800	—
Houston	2	1	.667	1
Pittsburgh	2	1	.667	1
Cincinnati	2	2	.500	1½
Chicago	1	2	.333	2
Milwaukee	1	2	.333	2

WEST DIVISION

	W	L	Pct	GB
Arizona	3	0	1.000	—
Los Angeles	3	1	.750	½
Colorado	1	3	.250	2½
San Diego	1	3	.250	2½
San Francisco	1	3	.250	2½

Yesterday's results
Miami 6 Philadelphia 2
San Francisco 7 Colorado 0
St. Louis 7 Cincinnati 1
Milwaukee at Chicago Cubs
Washington at N.Y. Mets
Atlanta at Houston
Sunday's results
Arizona 7 San Francisco 6
Chicago Cubs 4 Washington 3
Cincinnati 6 Miami 5
Houston 3 Colorado 2
N.Y. Mets 7 Atlanta 5
Pittsburgh 5 Philadelphia 4
San Diego 8 L.A. Dodgers 4
St. Louis 9 Milwaukee 3
Today's games — All Times Eastern
Pittsburgh (Correia 0-0) at L.A. Dodgers (Kershaw 0-0), 4:10 p.m.
St. Louis (Lohse 1-0) at Cincinnati (Leake 0-0), 7:10 p.m.
Washington (Detwiler 0-0) at N.Y. Mets (Gee 0-0), 7:10 p.m.
Atlanta (Hanson 0-1) at Houston (Weiland 0-0), 8:05 p.m.
Milwaukee (Narveson 0-0) at Chicago Cubs (Maholm 0-0), 8:05 p.m.
Arizona (Cahill 0-0) at San Diego (Volquez 0-1), 10:05 p.m.
Tomorrow's games
St. Louis at Cincinnati, 12:35 p.m.
Washington at N.Y. Mets, 1:10 p.m.
Milwaukee at Chicago Cubs, 2:20 p.m.
Arizona at San Diego, 6:35 p.m.
Miami at Philadelphia, 7:05 p.m.
Atlanta at Houston, 8:05 p.m.
San Francisco at Colorado, 8:40 p.m.
Pittsburgh at L.A. Dodgers, 10:10 p.m.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	13	7	6	.538	158	153	—
x-Philadelphia	14	7	7	.500	159	183	½
Buffalo	13	5	8	.385	159	168	2
Rochester	13	5	8	.385	159	164	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Calgary	14	11	3	.786	195	150	—
x-Colorado	13	10	3	.769	174	159	½
Minnesota	13	6	7	.462	157	158	4½
Edmonton	12	4	8	.333	125	135	6
Washington	13	4	9	.308	141	157	6½

x — clinched playoff berth.
Saturday's games — All Times Eastern
Calgary at Rochester, 7:30 p.m.
Washington at Minnesota, 8 p.m.
Buffalo at Edmonton, 9 p.m.
Toronto at Colorado, 9 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	5	5	0	0	8	1	15
New York	4	2	2	0	10	7	6
Columbus	3	2	1	0	3	2	6
Houston	3	2	1	0	2	2	6
New England	5	2	3	0	4	6	6
D.C. United	5	1	2	2	5	5	5
Chicago	3	1	1	1	2	3	4
Montreal	6	1	4	1	5	12	4
Philadelphia	4	0	3	1	2	6	1
Toronto	4	0	4	0	2	9	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Real Salt Lake	6	5	1	0	11	4	15
San Jose	5	4	1	0	8	2	12
Colorado	5	3	2	0	7	7	9
Vancouver	5	2	1	2	4	3	8
Seattle	4	2	1	1	5	2	7
Dallas	5	2	2	1	6	8	7
Chivas USA	5	2	3	0	3	4	6
Portland	5	1	3	1	7	8	4
Los Angeles	4	1	3	0	5	8	3

Saturday's results
Montreal 2 Toronto 1
San Jose 3 Vancouver 1
Chivas USA 2 Portland 1
D.C. United 0 Seattle 0
Kansas City 1 Los Angeles 0
New York 4 Columbus 1
Real Salt Lake 2 Colorado 0
Saturday, April 14
Columbus at Philadelphia, 3:30 p.m.
Colorado at Seattle, 4 p.m.
D.C. United at New England, 4 p.m.
Chivas USA at Toronto, 4:30 p.m.
San Jose at New York, 7 p.m.
Real Salt Lake at Kansas City, 8:30 p.m.
Montreal at Dallas, 8:30 p.m.
Portland at Los Angeles, 10:30 p.m.
Sunday, April 15
Houston at Chicago, 7 p.m.

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester Utd	32	25	4	3	78	27	79
Manchester City	32	22	5	5	75	26	71
Arsenal	32	19	4	9	63	41	61
Tottenham	33	17	8	8	57	38	59
Newcastle	33	17	8	8	50	42	59
Chelsea	33	16	9	8	56	38	57
Everton	33	13	8	12	38	34	47
Liverpool	32	11	10	11	37	34	43
Fulham	33	11	10	12	43	43	43
Norwich	33	11	10	12	46	52	43
Sunderland	33	11	9	13	42	41	42
Stoke	33	11	9	13	32	45	42
West Bromwich	32	11	6	15	39	43	39
Swansea	32	10	9	13	35	41	39
Aston Villa	32	7	14	11	35	44	35
Bolton	32	9	2	21	36	65	29
QPR	32	7	7	18	35	56	28
Blackburn	32	7	7	18	43	67	28
Wigan	32	6	10	16	30	57	28
Wolverhampton	32	5	7	20	34	70	22

Yesterday's results
Aston Villa 1 Stoke 1
Everton 4 Sunderland 0
Fulham 1 Chelsea 1
Newcastle 2 Bolton 0
Tottenham 1, Norwich 2

PORTUGAL

LIGA

Sporting Lisbon 1 Benfica 0

SPAIN

LA LIGA

Malaga 3 Racing Santander 0

GOLF

PGA TOUR FEDEXCUP LEADERS

Through April 8

	Points Money YTD
1. Hunter Mahan	1,379—$3,094,040
2. Bubba Watson	1,322—$3,124,138
3. Phil Mickelson	1,136—$2,515,481
4. Johnson Wagner	1,056—$2,008,193
5. Rory McIlroy	1,045—$2,424,000
6. Kyle Stanley	954—$1,996,550
7. Justin Rose	948—$2,175,206
8. Mark Wilson	887—$1,880,375
9. Tiger Woods	876—$1,811,000
10. Bill Haas	865—$1,806,659
Also	
130. Graham DeLaet	**115—$173,717**
135. David Hearn	**109—$179,619**

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Chicago	43	14	.754	—
x-Miami	40	15	.727	2
Indiana	35	22	.614	8
d-Boston	32	24	.571	10½
Atlanta	34	23	.596	9
Orlando	34	23	.596	9
New York	29	27	.518	13½
Philadelphia	29	27	.518	13½
Milwaukee	28	29	.491	15
Detroit	21	36	.368	22
New Jersey	21	37	.362	22½
Toronto	20	38	.345	23½
Cleveland	18	36	.333	23½
Washington	13	44	.228	30
Charlotte	7	48	.127	35

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	40	14	.741	½
y-Oklahoma City	42	15	.737	—
d-L.A. Lakers	35	22	.614	7
L.A. Clippers	34	22	.607	7½
Memphis	32	23	.582	9
Houston	31	25	.554	10½
Dallas	31	26	.544	11
Denver	30	26	.536	11½
Phoenix	29	27	.518	12½
Utah	29	28	.509	13
Portland	27	30	.474	15
Minnesota	25	32	.439	17
Golden State	22	33	.400	19
Sacramento	19	38	.333	23
New Orleans	15	41	.268	26½

d — division leader; **x** — clinched playoff berth; **y** — clinched division

Last night's results
Indiana 103 Toronto 98
Oklahoma City 109, Milwaukee 89
Orlando 119 Detroit 89
Washington 113 Charlotte 85
L.A. Lakers at New Orleans
L.A. Clippers at Memphis
Golden State at Denver
San Antonio at Utah
Phoenix at Minnesota
Houston at Portland
Tonight's games
Charlotte at Cleveland, 7 p.m.
Boston at Miami, 7 p.m.
Orlando at Washington, 7 p.m.
Philadelphia at New Jersey, 7:30 p.m.
Sacramento at Dallas, 8:30 p.m.
New York at Chicago, 9:30 p.m.

PACERS 103, RAPTORS 98

TORONTO (98)
Anderson 6-9 1-2 17, A.Johnson 7-9 1-2 16, Gray 2-5 1-2 5, Calderon 3-6 0-0 8, DeRozan 4-12 2-2 10, Magloire 0-0 0-0 0, Forbes 4-10 0-0 9, J.Johnson 2-6 0-0 4, Davis 5-7 1-4 11, Kleiza 3-10 10-10 18, Uzoh 0-1 0-2 0. Totals 36-75 16-24 98.
INDIANA (103)
Granger 8-14 1-1 18, West 4-8 1-1 9, Hibbert 2-5 4-6 8, Hill 5-9 7-7 18, George 5-9 4-6 15, Barbosa 5-9 2-2 14, Hansbrough 1-4 4-6 6, Amundson 3-6 0-0 6, Price 2-4 0-0 5, Jones 1-3 1-2 4. Totals 36-71 24-31 103.

Toronto	16	21	25	36	— 98
Indiana	21	30	26	26	—103

3-Point Goals—Toronto 10-20 (Anderson 4-4, Calderon 2-4, Kleiza 2-7, A.Johnson 1-1, Forbes 1-4), Indiana 7-16 (Barbosa 2-4, Jones 1-1, George 1-2, Price 1-2, Hill 1-3, Granger 1-4). Fouled Out—None. Rebounds—Toronto 46 (Davis 10), Indiana 43 (Hill, Hansbrough 7). Assists—Toronto 23 (Calderon 14), Indiana 18 (Price, Hill 4). Total Fouls—Toronto 24, Indiana 23. Technicals—Anderson, Magloire, Granger. A—11,021 (18,165) at Indianapolis.

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Maple Leafs start preparing for hard work during the off-season

NHL. Players given intensified strength and conditioning program during exit meetings Monday

Like the rest of the Maple Leafs, Dion Phaneuf and Phil Kessel realize there will be little to no room for a comfortable off-season.

The Leafs were handed their marching orders for the off-season Monday, and at the top of the list is a revised and intensified strength and conditioning program.

Kessel said he had been playing with an injured left wrist for "quite a while" and will rest the injury instead of playing for Team USA at the world championships.

Phaneuf has accepted an invitation from Team Canada.

Ultimately, though, the bitterness of a monumental collapse and a seventh straight season out of the playoffs precipitated a stern message from management — the conditioning factor that was a key part of the club's season-ending tailspin will not be tolerated next season.

"Yeah, we chatted a bit, but it was all positive," Kessel said of Monday's exit meetings with the coaching staff and management.

That "positive" comment was common among the players, along with others like, "We gotta learn from our mistakes"; "We have a good group of guys in here"; "We're disappointed."

But the players all realized that changes to their training regimen, and possibly to the roster, are on the way.

"We believe in our group but we didn't get it done, and when that happens they re-evaluate," Phaneuf said. "We're in a business where you have to win and when you don't make the playoffs, things will change."

Phaneuf's captaincy should be among the cornerstone discussions. It's not likely Phaneuf will be replaced, but his captaincy became a hot-button issue with fans and the media — and Phaneuf doesn't expect that to change unless the team wins.

"It's part of being captain of the team, and I definitely accept responsibility for the way this season ended," Phaneuf said. "I take that upon myself. I'm not happy the way things have gone, but now we have to move forward."

When Kessel was asked if he wanted to remain a Leaf — he has two years remaining on his contract — he said he "loved" the team, the city and its fans.

"Hopefully I'll keep playing here," he said.

Every player brought out for a media scrum Monday reiterated how "disappointed" the team was for falling short. Only Cody Franson actually said the word "sorry" in reference to the fans, but every player felt the weight of their disastrous performance down the stretch.

"Obviously we started well but didn't end on a positive note," Kessel said.

"It's disappointing we didn't get anything done here. We're disappointed, (the fans) are frustrated; we want to win, they want us to win. Hopefully they can stay positive." TORSTAR NEWS SERVICE

Dion Phaneuf speaks with media while his team clear out their lockers at the Air Canada Centre on Monday.
AARON VINCENT ELKAIM/THE CANADIAN PRESS

Reimer injury news

James Reimer is ready to hit the reset button.

- **Not only was the Leafs goalie anxious to move on from a difficult season,** but he was able to do so after receiving promising news for the future. Reimer visited with a specialist in Montreal over the weekend and learned that his injury troubles are linked to a neck issue rather than a concussion.

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StorageMart #3007 542 Evans Avenue, Etobicoke ON M8W 2V4: # 3202 Chantelle Scholz • StorageMart #3008 680 Kipling Avenue, Etobicoke, ON M8Z 5G3: # 2016 Marque Poole, #2037 Laurie McDonald, #4089 John Leblanc • StorageMart #3009 110 Guided Crt, Etobicoke, On M9V 4K6: #E0017 Edgar Lieva Julian, #F0036 Distribute It Inc. • StorageMart #3012 144 Norseman Street, Etobicoke ON M8Z 2R4: #4516 Obi Orakwue • StorageMart #3013 221 Todd Baylis Blvd, Toronto ON M6M4L2: #3103 Andrew Harrison • StorageMart #3014 555 Trethewey Drive Toronto ON M6M 4B8: D2195 David Smith, D2204 Kareem Freeman, D2283 Govind Calu • StorageMart #3015 120 Wicksteed Ave, Toronto ON M4G 4K7: #3614 Carlos Pereira • StorageMart #3017 8929 Weston Rd, Woodbridge, On L4L-1A6: #627 Alan Liddiard • StorageMart #3018 605 Alden Road, Markham ON L3R 3L5: #1107 Stanley Johnson, #2172 Arthur Boyle • StorageMart #3025 875 Don Mills Rd, Toronto ON M3C 1V9: 1260 & 2203 Curriculum Plus Publishing c/o Marsha Feldberg, 1311 O'Neal Brown • StorageMart #3026 990 Syscon Rd, Burlington ON L7L 5S2: D0056 Michael R Classic, C0084 Lynne Peckford, C0192 Lynne Peckford • StorageMart #3028 10345 Keele Street, Maple ON L6A 3Y9: #1010 Wilson Construction Services, #1200 Frank Geivelis, #1211 Jeffrey Doyle, #2308 Ante Pavic, #2833 Enzo De Bartolo

According to the Lease by and between the customers listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s) UPON A COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, furniture and misc items. Items will be sold or other wise disposed of at this site on April 20th, 2012 to satisfy owner lien in accordance with the Provincial statues. Terms of the sale are cash only. No cheques will be accepted. All goods are sold in "as is "condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale. Please call 416.503.0892 ext 2 for auction times.

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MERCHANDISE

Public Auctions

Public Auctions

NOTICE OF SALE

Storage-Mart #3001 328 Commissioners Rd W. London, ON Friday April 20th @ 10:45am Units: 1135A Steven Fraser • Storage-Mart #3002 1020 Wonderland Rd S, London, ON Friday April 20th @ 11:30am Units: 1447 Tina Giles, 1472 Sheila Nichols, 3005 Mike Fampa, 3039 Sasha Briffett • Storage-Mart #3003 665 Adelaide St.N., London, ON Friday April 20th @ 10:00am Units: 0610F Brian Buttery, 1202A Rick Garagozzo • Storage-Mart #3004 155 South Edgeware Rd, St Thomas, ON Friday April 20th @ 1:00pm Units: 329 Daniel Dierkens

According to the Lease by and between the customers listed above listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s). UPON A COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, bicycles, vehicle, fridges, mini fridge, tool chests and tools, microwave, vacuums, fans, baby strollers, rubbermaid totes, baking racks, boxes, suitcases. Items will be sold or otherwise disposed of at this site on dates and at approximate times listed by the addresses above to satisfy owner lien in accordance with the state statues. Terms of the sale are cash only. No checks will be accepted. All goods are sold in "as is "condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale.

NOTICE OF SALE

Storage-Mart #3022, 947 Warden Avenue, Toronto On M1L 4E3 – Unit 1113, T. Reeves • Storage-Mart #3023, 25 Crouse Road, Scarborough, On M1R 5P8 – Unit 2105 – P.M. Ssemambo, Unit 2159 – T. Lee, Unit 3024 – B. Martin • Storage-Mart #3024, 81 Arrow Road, Toronto, Ontario M9M 2L4 – Unit 1153 – M. Salad, Unit 2065 – L. Kargbo, Unit 2120 – O. Noel, Unit 2125 – C. Robinson, Unit 3031 – A. Ndimele, Unit 6024 – Bestway Stucco System • Storage-Mart #3030, 3429 Kennedy Road, Scarborough, On M1V 4Y3 – Unit 2202 – B, Vukovic, Unit 3213 – C. Foley, Unit 3458 – G. Scott, Units 4200/4343 T. Lam, Units 4210/4273 – T. Lam • Storage-Mart #3031, 4780 Sheppard Avenue East, Scarborough, On M1S 3V6 – Unit 1059 – J. Baker, Unit 4008 – J. DePasquale, Unit 6057 – R. Scott • Storage-Mart #3032, 85 Westney Road South, Pickering, On. L1S 2C9 – Unit 2120 – K. Nniyongado, Unit 3050 – S. Baksh • Storage-Mart #3033, 1700 Alliance Road, Pickering, On. L1W 3X2 – Unit B19 – Highbush Landscaping, Unit C19 – T. Eno • Storage-Mart #3034, 996 Farewell Avenue South, Oshawa, On. L1H 6N6 – Unit 33N – A. Horford Building Material

According to the Lease by and between the customers listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s) UPON COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, furniture, and misc. items. Items will be sold or otherwise disposed of at this site on April 20, 2012 at approximate times listed by the address above to satisfy owner lien in accordance with the Provincial statues. Terms of the sale are CASH ONLY, no cheques will be accepted. All goods are sold in "as in condition". Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale. Please call 416-291-5353 Ext. 2 for auction times.

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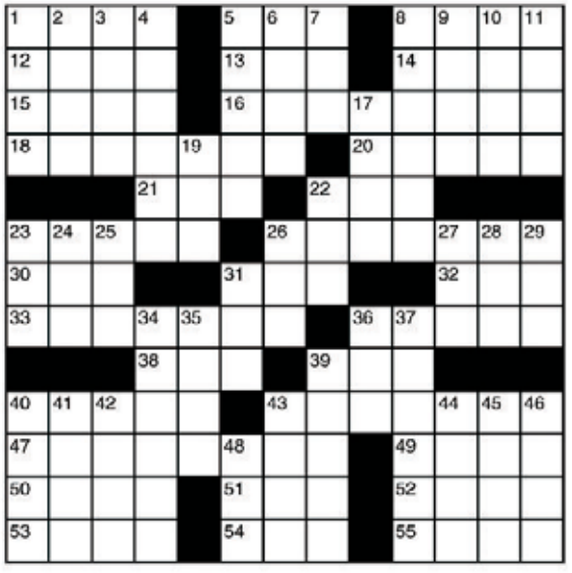
Crossword

Across

1 Charitable donations
5 Vacillate
8 Stylish
12 Castle protection
13 "Birds — feather ..."
14 Car
15 Gymnast Korbut
16 Shirk work
18 Greasy-spoon waitress, e.g.
20 Travelocity mascot
21 Buddhist sect
22 Lennon's lady
23 Hickory nut
26 Playboy
30 "That's relaxing"
31 Hasten
32 In olden days
33 Old washer attachment
36 Mountaineer's spike
38 Einstein's birthplace
39 Bart, to Homer
40 Remark to the audience
43 Brandy cocktail
47 TV slugfest host
49 Nastase of tennis
50 Calendar abbr.
51 Parisian pal
52 Dweeb
53 "Meet Me — Louis"
54 "Great Expectations" lad
55 Turns right

Down

1 Andy's pal
2 Lounge about
3 Creche trio
4 Verse
5 19th Amendment beneficiaries
6 Somewhere out there
7 Four qts.
8 Big gun
9 "Les Miserables" author
10 Couple, in a gossip column
11 Heart of the matter
17 "Aqua et — inter-dictus"
19 Army rank (Abbr.)
22 Have bills
23 Handle roughly
24 Listener
25 Greek X
26 Round Table address
27 Roscoe
28 Id counterpart
29 Director Howard
31 Height of fashion?
34 You can't pin anything on him!
35 Singer Campbell
36 Luau bowlful
37 Diamond period
39 Divest
40 Italian wine region
41 Twirled
42 Enrages
43 Big rig
44 Merriment
45 Green land
46 Cincinnati team
48 Space



Sudoku

							2	4
		9			5			
1		2	4		8			
3	7			6		5		9
			9		4			
4		8		1			3	6
			7		9	6		3
			6			8		
5	1							

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	2	5	6	1	4	9	8	3
4	3	8	5	7	9	2	1	6
1	9	6	2	8	3	4	7	5
2	5	3	8	4	6	1	9	7
8	1	7	9	3	5	6	2	4
6	4	9	1	2	7	5	3	8
5	8	2	7	6	1	3	4	9
3	6	1	4	9	8	7	5	2
9	7	4	3	5	2	8	6	1

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

F N W O S M Z B A W W R U W P
J B C N J Z N C F A B D K P ' T S I S O D W
U I D F N W S F F , O N T N W O N E E A S
E N E K S J U F A U W P J U M M S R .

Yesterday's Cryptoquip: IF YOU'RE PLANTING SOME CONIFEROUS TREES, IT'S POSSIBLE THAT YOU MIGHT BE A CEDAR SEEDER.
Today's Cryptoquip Clue: E equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Wednesday 9°/0° Variable
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Horoscope

Aries | March 21 - April 20. Today is the ideal time to think about what you want to do with your life.

Taurus | April 21 - May 21. Your rather reserved exterior masks a passionate heart and with Pluto, planet of passion, moving in your favour today you will surely find something to get worked up about.

Gemini | May 22 - June 20. There is more to leadership than giving orders.

Cancer | June 21 - July 22. Chances are you will be more assertive than normal today, and not everyone will be pleased with that fact.

Leo | July 23 - Aug. 22. For some reason you appear to believe that others are ganging up on you. It's not true.

Virgo | Aug. 23 - Sept. 22. Differences with partners and colleagues and family members have been rather intense of late, but with Pluto now moving in your favour again you will realize that most of them are simply not worth the worry.

Libra | Sept. 23 - Oct. 22. It may annoy you intensely that certain people are taking their time and dragging their feet but what can you do? Don't let your frustration show.

Scorpio | Oct. 23 - Nov. 21. You will be more open and approachable than usual.

Sagittarius | Nov. 22 - Dec. 21. A colleague will make a proposal that is actually quite risky sound like the best offer you've ever had. Hopefully you won't fall for it.

Capricorn | Dec. 22 - Jan 20. Pluto in your sign makes you ultra intense – but only be intense about the right things.

Aquarius | Jan. 21 - Feb 18. Think hard before diving into a situation you know little about. You can't save everyone you know.

Pisces | Feb. 19 - March 20. There have been far too many lies and deceptions lately. Don't get fooled again. SALLY BROMPTON

Caption Contest

"101 Dalmatians have nothing on us."
Nancy
BASSEM TELLAWI/THE ASSOCIATED PRESS

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